

Personal Training-Intro

What can Personal Training do for You?

It can deliver you the results you are working for. Try our introductory package to personal training today!

About the “PT Intro”

- Five One Hour Sessions
- The \$249 price saves you at least \$126
- Available to members who have done less than five personal training sessions ever at any of the Longfellow Clubs
- Participants must take advantage of all five sessions within eight weeks of purchase



“Try it, you’ll be glad you did!”

For more information contact Eric Beard at sportscluberic@gmail.com, 508.653.4633 x 215 or any member of the fitness staff.