



MORT HARRIS RFC GROUP TRAINING SPECIAL

SESSION PRICES

8 sessions for \$125

12 sessions for \$185

SESSION DETAILS

Train twice or three times a week until classes start.

We have some pre-set times but if you come with at least two people, you can train at any other time that works best for you.

Morning training: 7 a.m., 8 a.m. or 9 a.m.

Afternoon training: 11 a.m., 12 p.m. or 1 p.m.

Evening training: 5 p.m., 6 p.m. or 7 p.m.

You may use any remaining sessions even after classes resume.

Group Fitness Instructor/Personal Trainer

Select your favorite group exercise instructor or any one of the available trainers for your sessions.

Train with Debra, Eddie, George, Jasmine, Jay, Kelly, Lionel, Reno, Sharon, Sherrian, or Tat.



ATHLETICS

MORT HARRIS RECREATION AND
FITNESS CENTER

START YOUR TRAINING TODAY!

Special can only be purchased through May 14th.

<http://rfc.wayne.edu/fitness/personal-training.php>