

THE STUDIO AT RIDGEFIELDS



Personal Training

with Jennifer Guest

1 Hour Training Session	\$40.00
8 Hour Training Sessions	\$295.00
1/2 Hour Training Session	\$25.00
10 1/2 Hour Trainings Sessions	\$200.00

* All training programs are designed to meet individual fitness goals.

Buddy Bootcamp 1 hour \$50.00 (\$25.00 each)

One hour of hard core training with your favorite exercise buddy. Experience exercise in a circuit format. Challenge your body through boxing drills, intervals on the cardio equipment, strength conditioning using machines, free weights, stability and medicine balls, the pilates reformer and chair. After an intensive workout stretch out on the foam roller.

Janet Carter's Success

Lost inches in hips & waist
Increased strength 100%
Improved balance
Living her Best Life

