

# power

BLAIRWOOD'S NEW EXCLUSIVE

## » Women's Group Fitness Program

SMALL GROUP PERSONAL TRAINING BUILT TO EMPOWER WOMEN WITH THE SKILLS, KNOWLEDGE & MOTIVATION TO HELP ACHIEVE THEIR OVERALL HEALTH AND FITNESS GOALS.



designed & instructed by  
**TAYLOR EKMAN**  
CERTIFIED PERSONAL TRAINER

### WHAT TO EXPECT

#### AEROBIC EXERCISE

CARDIOVASCULAR EXERCISE,  
CONDITIONING, INTERVAL TRAINING

#### STRENGTH TRAINING

FULL-BODY WEIGHT TRAINING,  
FOCUSING ON LEARNING PROPER  
FORM & TECHNIQUE

#### TEAMWORK

BE A PART OF A GROUP OF WOMEN,  
EMPOWERING EACH OTHER TO ACHIEVE  
THEIR HEALTH AND FITNESS GOALS.

#### & MORE

FLEXIBILITY, MOBILITY, ENDURANCE  
BUILDING, NUTRITIONAL TIPS, OVERALL  
HEALTH & WELLNESS MANAGEMENT

#### MONTHLY PROGRAM

BEGINS OCTOBER 3<sup>rd</sup>

Monthly recurring charge will be applied to your card or bank account on file unless cancelled by contacting me via email at least one week in advance of a new month start.

MONDAYS & WEDNESDAYS - 6 AM, 8:30 AM

TUESDAYS 5:30 PM

ALL CLASSES WILL BE HELD IN ROOM C  
UNLESS OTHERWISE POSTED.

**\$115** PER MONTH **UNLIMITED CLASSES** + \$20 FOR NON-MEMBERS

RESERVE YOUR SPOT AT THE FRONT  
DESK OR BY EMAIL

✉ [trainingbytaylor ekman@gmail.com](mailto:trainingbytaylor ekman@gmail.com)

LIMITED SPOTS AVAILABLE

