



SMALL GROUP TRAINING

Personalized • Affordable • Effective.

HELPING YOU COMMIT TO SUCCESS

In-Person, Virtual and Hybrid Options Available!

Tracks:

SGT Track01	M/W/F	12pm – 12:55pm	Brian(MW)/Stephen(F)	\$276 (HYBRID)
SGT Track02	Tu/Th	6:30am – 7:25am	Brian	\$192 (VIRTUAL)
SGT Track03	Tu/Th	12pm – 12:55pm	Tanya	\$192 (VIRTUAL)
SGT Track04	M/W/F	8am – 8:55am	Stephen	\$276 (HYBRID)
SGT Track05	M/W/F	6:30am – 7:25am	Aidan	\$276 (IN-PERSON)
SGT Track06	M/W/F	9am – 9:55am	Brian	\$276 (HYBRID)
SGT Track07	M/W/F	10am – 10:55am	Aidan	\$276 (IN-PERSON)
SGT Track08	Tu/Th	9am – 9:55am	Tanya	\$192 (IN-PERSON)
SGT Track09	Sat	9am – 9:55am	Aidan	\$96 (IN-PERSON)
SGT Track10	Tu/Th	5 – 5:55pm	Chris	\$192 (IN-PERSON)

- 8 weeks
- Max 6 people
- Payment installments available

SPECIAL OFFER!

New participants get \$25 off!

For more information, visit the CHF front desk,
beachcitiesgym.org/small-group-training
or call 310-374-3426, ext. 147.



Center for
Health & Fitness

A Beach Cities Health District Program