



**Tuesdays + Thursdays
5:30-6:30am in the RFC gym
Beginning February 14th**



BODY EDGE TRAINING

**Small group personal training with
Certified Trainer, Ingrid Barnstuble.**

**Get the benefits of personal
training at a reduced cost.**

Body Edge Training is a personal training experience in a small group setting. This group of up to 8 people will focus on four functional fitness foundations: mobility, power, strength and cardio conditioning.

Our desire is that you will experience a well-balanced workout that meets your goals as well as a sense of community and support through the process.

Your trainer will be there to give one-on-one instruction, help with proper form & technique, and offer different variations of each exercise specific to the individual.

Expect to have fun and work hard using a variety of equipment while focusing on the quality of movements that include pushing, pulling, hip hinging, squatting and core strengthening.

We believe that just as there is no such thing as a "perfect body" there is also not one "perfect workout" that meets everyone's needs, but with Body Edge Training you will have access to building the best training program for you.

	RFC Member	Non-Member
Single Session	\$15	\$21
1 month (9 sessions)	\$135	\$183
3 months (26 sessions)	\$300	\$405
6 months (52 sessions)	\$500	\$675

Subscribe to small group training anytime
Limited to 8 people at a time
Call (320)-589-6483 to sign up!!