

**SPA 23 Fitness**

# GROUP PERSONAL TRAINING



**NOW AVAILABLE AT SPA 23 IS GROUP**

**PERSONAL**

**TRAINING. TRAINING IN A GROUP ENVIRON-**

**MENT IS FUN AND EXCITING. TRAIN WITH**

**ANY OF SPA 23'S ELITE TRAINING STAFF**

**WITH AT LEAST THREE PEOPLE TO PUSH**

**AND MOTIVATE EACHOTHER.**

**TRAIN WITH THE TRAINER OF YOUR CHOICE**

**OR SEE FITNESS DIRECTOR CRAIG**

**CATANESE TO START.**



**SPA 23**

**PRICE PER  
PERSON  
\$290-10 SESSIONS**

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