

Semi-Private Personal Training Classes

Classes are limited to 14 participants



Center for Weight Management

2101 Grove Street
Wyandotte, MI 48192
Private gym

- First class is **FREE**
- Train with our exercise specialists
- Semi-private exercise classes featuring functional strength, core training with cardio interval sessions
- Also offering yoga classes
- Can accommodate all fitness levels & limitations
- See schedule for days and times. Subject to change.
- Packages of 6, 12 or 24 classes available (see back for package prices)
- Discounts available for packages of 24 classes

Register by calling 734.285.7420, option 2.

For more information, call the Center for Weight Management at 734.285.7420, option 2

Henry Ford Wyandotte Hospital

Classes begin at the following times

Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	5:30 p.m.	6 a.m.	11:30 a.m. Yoga class	6 a.m.
9 a.m.	6:30 p.m.	9 a.m.	5:30 p.m.	9 a.m.
			6:30 p.m.	

Package pricing

Class package	Cost per class	Total class	Number of payments	Payment amounts
6	\$12	\$72	1	\$72
12	\$11	\$132	1	\$132
24	\$10	\$240	1 or 2	1st = \$150 2nd = \$90 Due within 6 weeks

Subject to change. Please contact us to register.
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