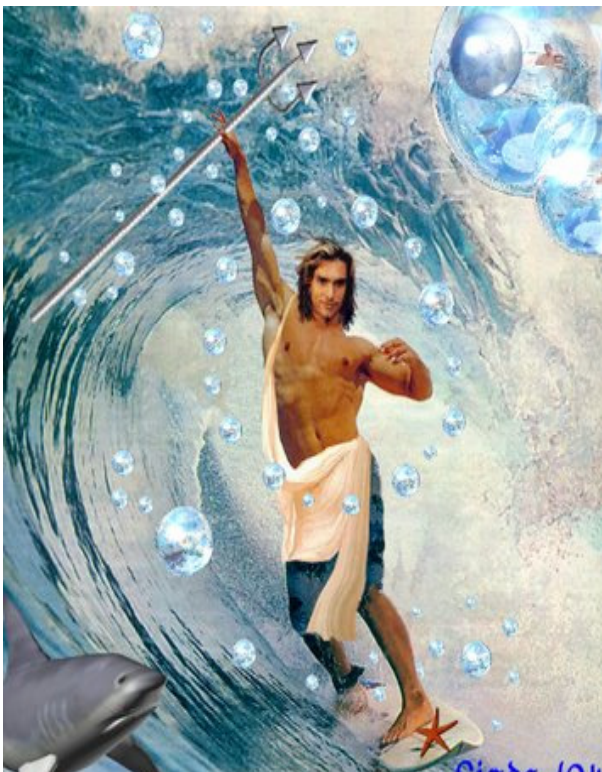


Surf & Turf Personal Training



Get started today with Surf & Turf! This is a two-part program where individuals train in the water and out of the water during the same training session. Surf & Turf is designed to provide individuals with the opportunity to develop and shape their bodies by using a variety of training methods in and out of the water. Surf & Turf is perfect for beginning and experienced exercise participants that want to increase their fitness levels, lose weight, tone up, or those that just want to incorporate more enjoyment and variety into their fitness programs.

Trainer: Nich Hester

Cost: \$40 per session

Program code: 05fitsurf&tu

1 hour Personal Training 30mins in fitness center and 30mins in pool