

NOW OFFERING

VIRTUAL PERSONAL TRAINING

**YOU
HAVE THE
WILL....
WE HAVE
THE WAY!**



Virtual Personal Training (VPT) includes:

- Live 30-min coaching session(s) with your trainer
- Schedule your appointment online via [PT Fit Works App](#)
- Receive personalized workouts to keep you on track between sessions



Single & multi-pack options available:

- Single session
- 5 & 10 pack sessions

GET STARTED TODAY!

EMAIL US AT:

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