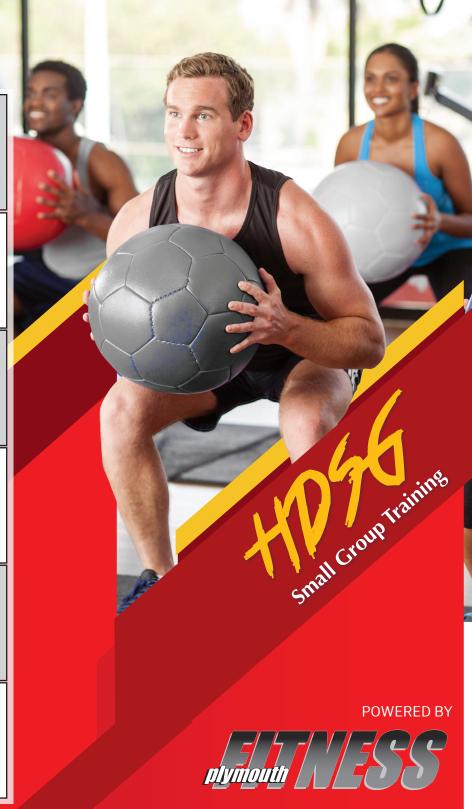
HD56 Small Group Training

SATURDAY					SUNDAY				
FRIDAY									
THURSDAY									
WEDNESDAY									
TUESDAY									
MONDAY									





HDSG Small Group Training is a great way to stay motivated, have fun and get a great workout all at an affordable price!

Plymouth Fitness already has small group training programs in place!

Which is the best program for you?

PROGRAMS:

PRICING

Limited to 6 participants unless otherwise noted.



508.746.7448

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plymouthfitness.com