



Gym 101 Group Training

Medicare, Silver Sneakers and 24 Hour Fitness Hollywood has teamed up to keep you healthy and vibrant in your senior years.

Join our Gym 101 small Group Training class
\$199 for 8 sessions (\$25.00 per session)
That's 75% off our regular training prices.

Sign up today! Space is limited!



Join Us and Our Partner Andrea Schmook

For more information check out:

24 Hour Fitness Hollywood

Web and Facebook Page

<http://www.24hourfitness.com/FindClubDetail.mvc?clubid=00088&sessionId=\>

and

Andrea Schmook,

Senior Healthy Living Blog:

www.holisticseniors.com

Andrea trains with Tannaz, Assistant Fitness Manager at 24 Hour Fitness

Instructor:
Tyler Gates



Tuesday & Thursday: 11:00 am

Start Date: August 6th

End Date: August 29th

Instructor:
Sara Banerjee



Monday & Friday: 9:00 am

Start Date: August 5th

End Date: August 30th

Class Curriculum

1. Intro to Functional Training
2. Intro to Strength Training
3. Intro to Machines
4. Review Sessions 1 - 3
5. Intro to TRX
6. Intro to Kettlebells
7. Intro to Nutrition
8. Workout Design & Review

Hollywood | 6380 West Sunset Blvd | Hollywood, CA 90028
323.461.2024 | Jacob Hoffman – Fitness Manager

