

Here is the original:

NOW ENROLLING FOR THE FOLLOWING TIME SLOTS FOR PERSONAL TRAINING IN DECEMBER!

◆ 7am Mon/Tu/Wed/Fri (4x/week)

◆ 9:30am Mon/Tu/Th/Fri (4x/week)

These are CLOSED OFF time slots reserved specifically for Personal Training clients !!

3 ppl max per session, you will NEVER be in a group larger than 3!

What is also included:

🍽️ Meal Planning / Macro Tracking

📌 Weekly Check-Ins

💪 The option to attend Saturday morning classes for any make-ups to lost or missed sessions during the week.

🏃 24/7 Free Access to Cardio Equipment

That's 4x/week personal training, focusing each day on a specific muscle group for maximum results. Free access to Cardio Equipment so you can do your cardio in a more private setting. And guidance with nutrition so you KNOW your efforts will be matched with an all-encompassing plan! Let me become YOUR PERSONAL TRAINER! 🤝

Interested? Send a DM with questions. Don't wait any longer to get started, YESTERDAY YOU SAID TODAY!

ReWrite:

NOW ENROLLING FOR PERSONAL TRAINING IN DECEMBER!!!

We'll meet 4x per week

Here's what you'll get:

✅ Specially reserved times just for you!

☑️ No more than 3 people per group, so you get more direct attention from our instructors

🍽️ Simple Meal Planning and Nutrition Assistance

📌 Weekly Check-Ins to keep you Motivated towards your Goals!

💪 Attend Saturday morning make-up classes so you don't lose any progress

🏃 24/7 Access to Cardio Equipment for FREE

DON'T WAIT ANOTHER DAY!!!

DM to reserve your spot NOW before it's gone!!!