

ACTIVE ADULT SMALL GROUP PERSONAL TRAINING SCHEDULE BY *ABSOLUTE FITNESS LLC*

**STRENGTH, CORE, BALANCE & CARDIO WORKOUT FOR THE
ACTIVE OLDER ADULT IN A CIRCUIT FORMAT**

EFFECTIVE JANUARY 2024

Mondays –

8:45AM - T.B C. - Total Body Circuit- 45 minutes of vigorous intensity -Lake Gaston Fitness Center

10:15AM- Small Group St. Peter the Apostle Catholic Church 31 Ebony Rd Ebony VA

6:30PM – Small Group – Lake Gaston Fitness Center

Wednesdays –

7:30AM – Senior Fitness -Lake Gaston Fitness 30 minutes

Fridays –

7:30AM or 8:40AM Small Group

Prospect Methodist Church 1974 Ebony Rd Ebony VA

All sessions 45 minutes moderate intensity with a 30 minute option unless stated otherwise

Includes a personal trainer with the fun of a group and a private Facebook page to assist you with your fitness goals

**QUESTIONS CONTACT MARIBETH HODGE –
FACEBOOK/ABSOLUTE FITNESS LLC**