



# PERSONAL TRAINING OPEN HOUSE

**Wednesday, Sept. 28 5:30—7:30 pm**  
**South Personal Training Studio**

Get a glimpse into personal training, the studio, and what the program could do for you! Feel free to wear fitness clothes to demo a class, but not required.

Questions? Email [johnm@amesfitness.com](mailto:johnm@amesfitness.com).

Meet the trainers

Q & A

Exclusive offers

Movement  
assessments

Group Training  
demo classes

Games, prizes,  
beverages



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