

Small Group Training

Class	Times offered	Cost	Dates	Capacity Min/Max	Instructor
SGT for health management and active aging	Thursdays 1:00pm	\$49/4wk(M) \$56 (NM)	Sept 24- Oct 15 Oct 29- Nov 19	4/6	Kevin R
SGT for Occupational Training	Sundays 9:00 am	\$49/4wk(M) \$56 (NM)	Sept 27- Oct 18 Oct 25- Nov 15	4/6	Scott M
SGT – high performance football/hockey	Wednesdays 7:30pm	\$49/4wk(M) \$56 (NM)	Sept 23- Oct 14 Oct 28- Nov 18	4/6	Scott M
HIIT - SGT	Wednesdays 6:00am	\$49/4wk(M) \$56 (NM)	Sept 23 Oct 14 Oct 28- Nov 18	4/6	Kevin R
HIIT - SGT	Tuesdays 5:00pm	\$49/4wk(M) \$56 (NM)	Sept 22- Oct 13 Oct 27- Nov 17	4/6	Kevin R