



HENRY FORD WYANDOTTE HOSPITAL



SEMI-PRIVATE PERSONAL TRAINING CLASSES

*(classes are limited to 12
participants)*

Center for Metabolic Health & Weight Management

2101 Grove Street • Wyandotte, MI 48192

- First class is **FREE**
- Train with our exercise physiologist & certified personal trainers
- Functional strength & core training with cardio interval sessions
- Can accommodate all fitness levels & limitations
- Monday, Wednesday, & Friday at 6:00am and 9:00am; Tuesday & Thursday at 5:45pm and 6:45pm
- Packages of 6, 12, 18, or 24 classes available *(See Back for Package Prices)*
- Discounts available for packages of 18 or 24 classes

REGISTER BY CALLING (734) 285-7420

For more information, call the Center for Metabolic Health at (734) 285-7420



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CLASSES BEGIN AT THE FOLLOWING TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM	5:45 PM	6 AM	5:45 PM	6 AM
9 AM	6:45 PM	9 AM	6:45 PM	9 AM

PACKAGE PRICING

CLASS PACKAGE	COST PER CLASS	TOTAL COST	NUMBER OF PAYMENTS	PAYMENT AMOUNTS
6	\$10	\$60	1	\$60
12	\$10	\$120	1	\$120
18	\$9	\$162	2	1ST = \$90 2ND = \$72
24	\$8	\$192	2	1ST = \$120 2ND = \$72

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