



Why should I do Small Group Personal Training?

One of the most common questions we get is in regard to the difference between Small Group and Team Training. While Team Training is great, the following is a list of advantages of Small Group over the Team Training:

1. First and foremost, Small Group (SG) is personal training! It's not a class!!!
2. True Strength – If you knew that a certain type of exercise could benefit your heart, improve your balance, strengthen your bones, and help you lose weight as it made you look and feel better, wouldn't you want to get started? Well, studies show that strength training can do all of that and more. While Team Training (TT) may produce some strength gains in the beginning, it has its limits in this regard. The SG training incorporates many movements in the 3-6 rep range- perfect for getting stronger!
3. Undulating periodization- this is from our "words that sound dirty, but are not" category. In all seriousness, research has shown that periodized training is far superior to linear programming (always the same reps, tempo and etc.). This type of periodization is present in the SG programming and will produce results far and above the TT, metabolic-only type of training.
4. Because SG is truly personal training, we can accommodate nearly all fitness levels and health issues in this setting. From athletes to post-rehab, we've got you covered. There is more availability to give you more flexibility in scheduling a session to suit your busy schedule.
5. More variety – Afterburn changes weekly, but we are writing 3 different workouts each week for the SG clients. This means that our heavy users (3x a week) will get a different program each time they visit and we all know that folks love variety!
6. Increased accountability – Building relationships with our clients that help them stay positive and keep on track with their fitness and nutrition goals.
7. Best value – our layered memberships include an unbelievable amount of services. For example, in the "Elite Small Group" training level, if you went to three SG training sessions and two Afterburns (5 sessions/week) it would work out to \$8/Session! How can you beat that!?! Clients will get the most bang for their buck in these layers!

In a nut shell, we can sum it up in one word, RESULTS- "Our most successful clients do the Unlimited SGPT- Our Elite Level." We are not lying! With all the training we do in this facility, we can tell you without a doubt that our most successful clients really do the most SG. You will get great results with all of our programs. But, if you want the best results possible, consider adding more SG personal training into your program!