

# SMALL GROUP PERSONAL TRAINING

Our small-group personal training classes offer the best of both worlds:  
The expertise of a personal trainer and the camaraderie of a group!

**Your first class is always FREE!**

**To enroll: email [derek@thepacificcampus.com](mailto:derek@thepacificcampus.com)**



## Monthly Pricing:

Member: \$89 + tax

Non-Members: \$119 + tax

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 - 6:00 a.m.	Elevate MOVE	Elevate MAX		Elevate MOVE Elevate MAX	
9:00 - 10:00 a.m.		Elevate MOVE		Elevate MOVE	
9:30 - 10:30 a.m.	Elevate MAX	Bombshell Boot Camp	Elevate MAX	Bombshell Boot Camp	Friday Freestyle
10:30 - 11:30 a.m.	Total Body BOSU		Total Body BOSU		
11:00 a.m. - 12:00 p.m.	Parkinson's Plus+*		Parkinson's Plus+*		Parkinson's Plus+*
1:00 - 2:00 p.m.	ELDOA Fitness		ELDOA Fitness		
5:00 - 6:00 p.m.	Elevate MAX		Elevate MAX		
6:00 - 7:00 p.m.	P.A.C Barbell Basics		P.A.C Barbell Basics		

Scan to learn more about our classes:

**\*Parkinson's Plus + is pay per class \$12 members/\$15 non-members**

**Effective 2/1/2026**