



# AMA Fitness Announces Group Training



## Group Training Schedule

Tues:	6 am – 7 am
Wed:	6 pm – 7 pm
Thurs:	8 am – 9 am
Fri:	7 am – 8 am
Sat:	10 am – 11 am

## Location

AMA Fitness Center  
28829 US Hwy 19 N  
Clearwater, FL 33761

## Additional Info:

RSVP by email:  
acenter4@tampabay.rr.com  
or phone: 727.785.4773

## Join Us

Certified Fitness Trainers leading energetic, motivational group training sessions

## Designed To

This program is a comprehensive, total body workout which will allow you to:

- Boost metabolism
- Increase energy
- Accelerate fat loss
- Improve performance
- Increase lean body mass
- Have fun

## The Details

Group training packages\*:

**Gold: \$249/mo – unlimited sessions & unlimited cardio**

**Silver: \$199/mo – up to 8 sessions per month with unlimited cardio**

**Bronze: \$120/mo – up to 4 sessions per month with unlimited cardio**

\*\$99 new client orientation fee, this fee covers 3 semi private personal training sessions prior to starting group training, all new clients must complete these sessions.

[www.amafitness.com](http://www.amafitness.com)

## About AMA

At AMA Fitness Center, we are committed to making a positive impact in our clients' physical well being by developing personalized and results-oriented fitness programs, utilizing an integrated scientific approach and implementing those programs in a nurturing environment.