



I:TRAIN

STUDIOS

SEMI - PRIVATE AND PERSONAL TRAINING

FEEL BETTER | MOVE BETTER | BE BETTER

BY APPOINTMENT
ONLY

LIMITED CLASS SIZE

OPEN AIR TRAINING
OPPORTUNITIES

PRIVATE SHOWER

CUSTOM WORKOUTS

STATE OF THE ART
EQUIPMENT:

TRX

REAL RYDER BIKES

HEART RATE
MONITORING

COMPRESSION
THERAPY

VIRTUAL TRAINING
OPTIONS

IN-HOME
EQUIPMENT
PACKAGES

NUTRITION

MEAL PLANNING

**SPECIAL RATES ARE AVAILABLE FOR PRIVATE GROUP
CLASSES, CORPORATE/BUSINESS SPECIALS AND TEAM
BUILDING OPPORTUNITIES.**

COMPLEMENTARY ASSESSMENT

**CONTACT US TODAY TO LEARN MORE ABOUT HOW WE
CAN WORK TOGETHER TO MEET YOUR GOALS**

(717) 341-8755

WWW.THEITRAINSTUDIO.COM

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