



Holiday Personal Training Special!

3 sessions (1 hour each) for \$170

- Need help staying motivated?**
- Bored with your workouts, want something new?**
- Stuck in an injury cycle where you keep injuring yourself?**

Give the Gift of Health this Holiday Season!

Sign up for our Holiday Personal Training Special at our Pro Shop. You will train with one of our Nationally Certified Oahu Club Personal Trainers who will help develop a routine for you to work on through the holidays. Your body doesn't get a holiday! Combat the holiday slumps with a new routine to work on 😊