

**SEDONA PRIVATE FITNESS
PERSONAL TRAINING WELLNESS CENTER**

Private Training

Semi-Private
Programs

Nutrition

Side by Side- 2 Person
Training

Sedona Private
Fitness
479 Pompton Ave
Cedar Grove, NJ
07009

973-239-2318
www.SedonaFitness.com



Introducing:

Sedona Side by Side

Train with your sister, best friend, spouse or neighbor; anyone who shares your desire to become a fitter, healthier person.

A great way to get fit, have fun and stay motivated along the way.

Side by Side Training only \$43 per person per session.

Or train privately as low as \$66 per one hour session.



**Call for details
973-239-2318**

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