



Group personal Training

By
Karen Scafidi



Get all the benefits of a personal trainer without the expense of one-on-one training!

Karen S. Scafidi, AFAA Certified Personal Fitness Trainer, will work with small groups (2-4 people) to create safe, effective, and challenging exercise programs that include cardiovascular, strength training, and flexibility programming. We will begin by establishing your baseline level of fitness with a detailed fitness assessment, and then discuss your goals and strategies to help you achieve your goals. From there, Karen will work with your group weekly to improve your fitness and help you reach your goals.

Developing healthy exercise and nutrition habits now can improve your life and current health in many ways, including:

- Reducing the risk of developing heart disease, diabetes, and certain cancers like breast and colon,
- Reducing high blood pressure and cholesterol,
- Increasing strength, balance, flexibility and coordination,
- Helping to reduce or maintain body weight
- Building healthy muscles, bones, and joints,
- Increasing cardio respiratory function
- Improving your mood and sleep

Working out with a buddy or a small group is a fun and motivating way to get in your daily exercise! For those who would prefer a private workout, individual training is also available.

Instructed by: Karen S. Scafidi,
AFAA certified group exercise instructor and personal trainer.

Location: Kensho Ryu Kenpo Karate
21 Main St., Suite 3B
Hudson MA, 01749
www.ksrhudson.com/programs.html

Cost: \$75-100 per hour for a small group of 2-4 people.

Please call me at (978) 875-0203 to discuss availability.

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