



FITNESS

AT LEGACY



12 WEEK Group Schedule

Starting September 11th - December 4th

Monday 6:00 - 7:00 pm

Wednesday 6:00 - 7:00 pm

\$180 for 12 one-hour sessions*

\$20 Drop in per one-hour session*

*You must attend the same day of the week that you are registered for.
Drop ins are only available if the class is not full.

Private Lessons

1 hour private lesson - \$100

Semi Private - \$60 per person

3 people - \$50 per person

4 people - \$40 per person

FOR PRIVATES SIGN UP BY CONTACTING ANDREY PATENKO
215.715.6314

LEGACY



Andrey Patenko
Proform Fitness LLC
www.proform-fitness.com

Andrey Patenko, the owner of Proform Fitness LLC will be operating from the Legacy's gym with a limited schedule.

Training with Proform Fitness will build a solid foundation for a competitive edge. Programs are designed to improve areas of development, strength and agility. Improving overall ability will define and drive each athlete towards their goal for optimal success.

Proform Fitness Helps Improve



Multi Directional Speed



Aerobic Capacity & Endurance



Uni-Lateral & Repeated Power



Bi-Lateral Strength



Injury Prevention



Full Body Balance & Flexibility

