



SEMI-PRIVATE TRAINING SCHEDULE

Join us on Zoom for your Session:

Meeting ID: 934 142 6280

Zoom Link: <https://zoom.us/j/9341426280>

Questions? Contact us!

Email : membership@trunktrainers.com

Call / Text : (808) 557 - 6210

**\$47/Session
& 10pk \$397**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 6:45am Coach Caili		6am - 6:45am Coach Caili		6am - 6:45am Coach Caili	
	8am - 8:45am Coach Caili		8am - 8:45am Coach Caili		8am - 8:45am Coach Emily
9:30am-10:15am Coach Caili		9:30am-10:15am Coach Caili		9:30am-10:15am Coach Caili	Trainers
11:30am - 12pm Coach Emily		11:30am - 12pm Coach Emily		11:30am - 12pm Coach Emily	Caili Ebaniz
	3pm - 3:45pm Coach Alex		3pm - 3:45pm Coach Emily		Emily Wood
5:15pm-6pm Coach Alex/Kelsie		5:15pm-6pm Coach Alex/Kelsie		5:15pm-6pm Coach Alex/Kelsie	Kelsie Wehren
Semi Private Training: Total Body Strength Training			Gold Elefits: Senior Fitness 3x/week included in membership		Alex Graboyes

Sign up is required. 6 Person Limit per Class Above times are in Hawai'i Standard Time (HST)

Online Membership

\$197+tax

No Contract

24 hr Notice

To Cancel

- Zoom Onboarding Consultation
- Welcome Kit
- Accountability Coach
- Access to our monthly challenges
- Online courses for fitness education
- Access to Private FB Group: Trunk Trainers Transformation Team
- Monthly Live Q&A with trainers in TT Zoom Room 7am HST
- 30 minute personal training session the week of your birthday
- Exclusive invites to live and online events
- Daily Workouts posted in TT FB group