

# Small Group Training

If you like to train in a group, but also want the guidance of a personal trainer, then Small Group Training is perfect for you. In SGT you 'share' a personal trainer with a small group (max. 6 people), for instance friends or colleagues. During an intake we set your goals and determine your fitness level. After the intake we match you with the most suitable trainer and group members and you can start your fitness journey! The SGT training package includes a nutrition coach, tailored meal plan, recipe e-book, body index scans and more.

