

Eric Moss Fitness Group Personal Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed except for workshops	6am-9:30 am		6am-9:30am	Goal assessments by appointment only	6am-9:30am	10am
Closed except for workshops	4:30pm-8:30pm	5pm-6pm	4:30pm-8:15pm	Goal assessments by appointment only	4:30pm-8:30pm	

Goals Assessments are done by appointment only and must be done outside of the group personal training hours.

10 people is the limit of how many can be trained at the same time and comes on a first come first serve basis. Reserve your spot by calling or texting me at 973 476 5328.

Health and Integrative nutrition appointments must be done outside of goal assessments and are booked on an appointment basis.

Parking is available along the back fence and on the side of the complex. Other parking spaces belong to the other tenants of the complex.

Any questions Call/Text 973 476 5328 or email Eric@EricMossFitness.com