



PERSONAL TRAINING

We build strong kids, strong families, strong communities.

We Can Develop a Workout Program Tailored to Your Specific Needs!

You Get:

- One-on-one attention from Certified Personal Trainer
- Sessions scheduled based on your availability
- Boost motivation and guidance on where to begin
- Incorporate new technique
- Freshen workout program through variety
- Enhance overall fitness
- Address muscle imbalances or injured areas
- Improve exercise consistency
- Train for specific event
- Get more done in less time
- Focus on specific fitness goals
- Improve flexibility and balance



WE ARE MORE
THAN JUST A GYM



Personal Training Fees

1 Session	\$37
2 Sessions	\$74 (\$37 ea)
3 Sessions	\$111 (\$37 ea)
6 Sessions	\$210 (\$35 ea)
12 Sessions	\$400 (\$33 ea)
18 Sessions	\$566 (\$31 ea)

Pricing as of 1/1/2018

Personal Training Policies:

- Advance purchase required for all sessions
- Sessions expire one year from date of purchase
- 24-hour cancellation notice required to avoid session charge
 - NO REFUND for sessions
 - Sessions are 60 minutes in length
 - Available to members only
 - Medical clearance is required