



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

Personal Training Fees

1 Session	\$36
2 Sessions	\$72
3 Sessions	\$108
6 Sessions	\$195 (\$32.50 ea)
12 Sessions	\$364 (\$30 ea)
18 Sessions	\$515 (\$29 ea)



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