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

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>$38</td>
</tr>
<tr>
<td>2 Sessions</td>
<td>$76 ($38 ea)</td>
</tr>
<tr>
<td>3 Sessions</td>
<td>$114 ($38 ea)</td>
</tr>
<tr>
<td>6 Sessions</td>
<td>$216 ($36 ea)</td>
</tr>
<tr>
<td>12 Sessions</td>
<td>$420 ($35 ea)</td>
</tr>
<tr>
<td>18 Sessions</td>
<td>$615 ($34 ea)</td>
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</tbody>
</table>

Pricing as of 1/1/2019

Personal Training Policies:
• Advance purchase required for all sessions
• 24-hour cancellation notice required to avoid session charge
  • Sessions are 60 minutes in length
  • Available to members only
  • Medical clearance is required