



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	\$38
2 Sessions	\$76 (\$38 ea)
3 Sessions	\$114 (\$38 ea)
6 Sessions	\$216 (\$36 ea)
12 Sessions	\$420 (\$35 ea)
18 Sessions	\$615 (\$34 ea)

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