

TRAINING OPTIONS

1-on-1 Personal Training:

Looking for greater results or need additional motivation? A nationally certified personal trainer can coach you to new levels of fitness. Your trainer will evaluate your health history and lifestyle to design a program that will help you achieve your goals.

Buddy Personal Training:

Enjoy the benefits of 1-on-1 training, and save a few dollars while you're at it, by sharing your experience with a friend.

Personal Training for Teens:

Our Personal Trainers provide motivation, inspiration, education, feedback and sport specific conditioning programs. This one-on-one program adds variety and fun to your workout!

Small Group Personal Training:

Do you want personal attention with the camaraderie and energy you experience in group fitness classes? You will use equipment and exercises common with strength training workouts, with a progressive and individualized approach in this small, high energy class led by a nationally certified Personal Trainer.

**MOTIVATE
EMPOWER
SUCCEED**

PERSONAL TRAINING



WHY HIRE A PERSONAL TRAINER?

- Get a personalized fitness program
- Learn how to maximize workout time
- Get professional assistance to increase your strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health and fitness
- Reach or maintain a healthy body weight
- Learn correct form and technique
- Reduce stress and anxiety
- Relieve boredom with a variety of exercises
- Accountability and motivation

ACHIEVE YOUR GOALS

WHAT TO EXPECT:

During your first personal training session, your trainer will conduct a fitness assessment and design an exercise program with your specific abilities and goals in mind.

Your trainer will help you perform the exercises correctly, efficiently and safely. During each subsequent session, your progress will be monitored and changes will be made in order to maximize the effectiveness of your program.



One-on-One Personal Training

(60 minutes)

1 Session	\$25
2 Sessions	\$48
3 Sessions	\$72
6 Sessions	\$142
12 Sessions*	\$280
24 Sessions*	\$550

(30 minutes)

1 Session	\$15
2 Sessions	\$28
3 Sessions	\$42
6 Sessions	\$80
12 Sessions*	\$155
24 Sessions*	\$310

Buddy Personal Training

(2 people per hour session)

1 Session	\$36
2 Sessions	\$70
3 Sessions	\$105
6 Sessions	\$205
12 Sessions*	\$405
24 Sessions*	\$800

Personal Training for Teens:

(13 to 18 years of age)

One-on-One (60 minutes)

1 Session	\$20
2 Sessions	\$38
3 Sessions	\$55
6 Sessions	\$108
12 Sessions*	\$210
24 Sessions*	\$410

Buddy Personal Training (60 minutes)

1 Session	\$28
2 Sessions	\$54
3 Sessions	\$79
6 Sessions	\$154
12 Sessions*	\$300
24 Sessions*	\$590

- Payment plans are available.
- The first session is a consultation and can last up to 60 minutes.
- Session times are determined based on package.
- Each exercise program is designed to fit the individual member needs. This means that the rate at which you use sessions may vary.

Small Group Personal Training (60 minutes only. 3 to 6 people per group)

Group of 3:

	Adult Rates	Teen Rates
1 Session	\$40	\$35
2 Sessions	\$75	\$65
3 Sessions	\$110	\$100
6 Sessions	\$215	\$195
12 Sessions*	\$410	\$380
24 Session*	\$800	\$750

Group of 4:

	Adult Rates	Teen Rate:
1 Session	\$50	\$40
2 Sessions	\$95	\$75
3 Sessions	\$145	\$135
6 Sessions	\$280	\$260
12 Sessions*	\$550	\$520
24 Sessions*	\$1075	\$1025

Group of 5:

	Adult Rate:	Teen Rates
1 Session	\$60	\$50
2 Sessions	\$115	\$95
3 Sessions	\$175	\$145
6 Sessions	\$340	\$280
12 Sessions*	\$670	\$550
24 Sessions*	\$1330	\$1090

Group of 6:

	Adult Rate:	Teen Rates
1 Session	\$70	\$60
2 Sessions	\$135	\$125
3 Sessions	\$205	\$195
6 Sessions	\$400	\$370
12 Sessions*	\$790	\$730
24 Sessions*	\$1570	\$1450