

CHANGE YOUR MIND. CHANGE YOUR BODY

PERSONAL TRAINING

WHAT A PERSONAL TRAINER CAN DO FOR YOU:

- MAXIMIZE YOUR TIME BY CREATING TIME EFFICIENT WORK-OUTS
- TEACH YOU PROPER EXERCISE FORM AND TECHNIQUES
- HELP YOU BEGIN A PROGRAM SPECIFIC TO YOUR NEEDS AND GOALS
- CHALLENGE YOU TO REACH NEW GOALS
- TEACH YOU NEW METHODS TO BREAK THROUGH OLD PLATEAUS
- All Full-Time Personal Trainers hold a Bachelors Degree in Kinesiology or related field as well as a nationally recognized certification.

PERSONAL TRAINING PACKAGES

	Single Session	*Intro Pack 2 Sessions	5 Sessions	10 Sessions	20 Sessions
30 Min.	\$25	\$42.50 per person	\$120	\$237.50	\$450
1 Hour	\$40	\$68 per person	\$192	\$380	\$720
Pairs 1 Hour	\$30	\$51 per person	\$144	\$285	\$540
Savings		15%	4%	5%	10%

SPECIAL PACKAGE

** Jump Start	Eight 30 min. sessions	\$162
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* Intro 2 pack for a one time use only.

** Jump Start package for new members only during first 30-days of membership.

