

## PERSONAL TRAINING

Our certified personal trainers are ready to work with a wide variety of individuals. Every session is private and geared toward establishing your goals. We'll make sure you work hard - and we'll always make it fun, too. To set up an appointment, fill out a personal training request form at the front desk and one of our trainers will reach out to you as soon as possible.

### PERSONAL TRAINING RATES

#### **60-Minute Private Session**

	MEM	NON-MEM
1 Session	\$53	\$68
3 Sessions	\$127	\$154
6 Sessions	\$248	\$310
12 Sessions	\$454	\$580

#### **45-Minute Private Session**

	MEM	NON-MEM
1 Session	\$40	\$54
3 Sessions	\$117	\$146
6 Sessions	\$218	\$276
12 Sessions	\$364	\$475

#### **30-Minute Private Session**

	MEM	NON-MEM
3 Sessions	\$78	\$98
6 Sessions	\$145	\$186
12 Sessions	\$260	\$337



### TRAINING POLICIES

- 1) Clients must give a 12-hour notice of cancellation or the appointment will be counted as a used session.
- 2) Trainers will wait 10 minutes past the start of a session. No call, no show situations will result in the forfeit of a session.
- 3) Group training clients must be within the group setting, no exceptions.
- 4) Payment must be made prior to or at the time of the first scheduled session.
- 5) Medical clearance for specific health concerns may be needed.
- 6) All sessions expire one year after the purchase date. No refunds will be given.

## GROUP TRAINING

Want to exercise with friends? Set up group training sessions and work together to achieve your health and fitness goals! We can meet with each group member individually to discuss goals and assess your medical history, then we'll come up with a plan that's right for everyone. Fill out a group training request form at the front desk and one of our certified personal trainers will be in touch.

### GROUP TRAINING RATE

#### **45-Minute Sessions**

2-4 Members      \$165 per person

**Packages include 8 sessions.**  
**Sessions expire ONE YEAR after purchase.**

**If a group member cannot attend a scheduled session, the session is NOT forfeited. However, group training can only be used within the group setting, so sessions cannot be made up individually.**