



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Personal Training

Motivation and accountability are at the core of personal training. Certified trainers are instructors who stand beside you at every physical challenge, encouraging you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury. As part of all Personal Training packages of 3 sessions or more, you receive a full Fitness Assessment.

All sessions are 1 hour in length

Member Pricing - Individual	
1 Session	\$35
3 Sessions	\$90 (\$30/session)
6 Sessions	\$168 (\$28/session)
9 Sessions	\$225 (\$25/session)
12 Sessions	\$276 (\$23/session)

Member Pricing – Small Group (Max 3)	
1 Session	\$30 per person
3 Sessions	\$75 per person (\$25/session)
6 Sessions	\$132 per person (\$22/session)
9 Sessions	\$180 per person (\$20/session)
12 Sessions	\$216 per person (\$18/session)

Individual and group packages must be paid in full at the time of purchase.