

# ***Personal Training One-On-One***

## **Benefits**

- More Efficient Workouts
- Keep your Exercise Program on target
- Reduce the chance of injury
- Nutritional Guidance
- Personalized Workouts

## **Member Prices**

Intro pack 3 sessions \$99 (one time only)

1 session \$55

4 sessions \$190, (\$47.50 each)

12 sessions/\$540, (\$45 each)

24 sessions/\$960, (\$40 each)

## **Non-member prices**

1 Session/\$65

6 Sessions/\$360 (\$60 each)

12 Sessions/\$660 (\$55 each)

## ***Express Workout (30 minutes)***

1 Session/\$35

10 Sessions/\$320 (\$32 each)