

Personal Training

PERSONAL TRAINING

Need extra motivation?
Need a time that works with your schedule?
Tried everything? Nothing working?
Try one of our Trainers—



One hour session \$35/person
30 minute session \$25/person
Must be a member or become a member.

One on One training with a qualified professional trainer of your choice! Trainer will design a top notch workout that is focused on your goal's, health status, and personal workout interests.



SAVE MONEY BUY A PACKAGE!

One Hour Sessions

3 sessions for \$100
6 sessions for \$190
9 sessions for \$280
12 sessions for \$370

Thirty Minute Sessions

3 sessions for \$70
6 sessions for \$130
9 sessions for \$190
12 sessions for \$250

Packages must be paid in full.

*If interested please contact
Roman Carloni, EP-C,
Assistant General Manager
724-834-2153*