

Personal Training



PERSONAL TRAINING

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

Need extra motivation?
Need a time that works
with your schedule?
Tried everything? Nothing
working?
Try one of our Trainers—
They can and will make a
difference!

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

SAVE MONEY BUY A PACKAGE!

<u>One Hour Sessions</u>	<u>Thirty Minute Sessions</u>
3 sessions for \$100	3 sessions for \$70
6 sessions for \$190	6 sessions for \$130
9 sessions for \$280	9 sessions for \$190
12 sessions for \$370	12 sessions for \$250

*If interested please contact Roman Carloni, EP-C, Facility Manager.
724-834-2153*