



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU REACH YOUR GOALS

## Personal Training Program

### PERSONAL TRAINING - 1 HOUR

- One-on-one sessions for any age or fitness level.
- Certified Personal Trainers will custom design your program no matter the goal.
- Improve strength, core conditioning, sport conditioning, weight loss or everyday balance.

<b>Fee:</b>	<b>Members</b>	<b>\$42</b>
	<b>4 sessions</b>	<b>\$159</b>
	<b>8 sessions</b>	<b>\$302</b>
	<b>12 sessions</b>	<b>\$428</b>

### PERSONAL TRAINING - 30 MIN

<b>Fee:</b>	<b>Members</b>	<b>\$25</b>
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### PARTNER PERSONAL TRAINING - 1 HOUR

- Work out with a friend, any age or fitness level.
- Workouts designed with a partner in mind.

<b>Fee:</b>	<b>Members</b>	<b>\$60</b>
	<b>4 sessions</b>	<b>\$240</b>
	<b>8 sessions</b>	<b>\$480</b>
	<b>12 sessions</b>	<b>\$720</b>

### PERSONAL TRAINING STARTER KIT

- Not sure if you'll like Personal Training?
- Available for anyone who has never trained with a Personal Trainer.
- Contains Body Metrix Fitness Assessment or skinfold test and two one-hour Personal Training sessions.

<b>Fee:</b>	<b>Member</b>	<b>\$89</b>
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