



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A LITTLE EXTRA ENCOURAGEMENT PERSONAL TRAINING

If you need a little more encouragement to stick to your fitness goals or if you're ready for a bigger challenge, check out our Personal Training program and discover a new way to reach your fitness goals. For an additional charge, you'll meet with a certified personal trainer and work together to develop a fitness program customized for your specific fitness goals.

Your trainer will create and supervise each workout with tips and safety techniques. Each session lasts either 1 hour or 30 minutes depending on the package you purchase. We recommend participants train two to three times a week for best results. Stop by the Welcome Center to set up a personal training consultation today.



PERSONAL TRAINING RATES

One 1/2 hour session	\$30
Three 1/2 hour sessions	\$85
Six 1/2 sessions	\$165
Nine 1/2 hour sessions	\$230
Twelve 1/2 hour sessions	\$270
One 1-hour session	\$58
Three 1-hour sessions	\$160
Six 1-hour sessions	\$330
Twelve 1-hour sessions	\$600