



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING

Get results faster with the help of a personal trainer. Enjoy custom fitness plans built around your goals and schedule.

## 60-MINUTE INTRODUCTORY PACKAGE

New to training? Find out if it's the right path for you to reach your goals with a special rate for new training clients. (Limit one per customer, members only)

Package	Price	Price Per Session
4 Sessions	\$239	<b>\$59.75/session</b>

## 60-MINUTE TRAINING PACKAGES

Looking to lose weight, improve strength and endurance or train for a competition? Get the most out of your training time with a customized 60-minute workout.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$75	<b>\$75/session</b>	1 session	\$95	<b>\$95/session</b>
4 sessions	\$280	<b>\$70/session</b>	4 sessions	\$360	<b>\$90/session</b>
8 sessions	\$540	<b>\$67.50/session</b>	8 sessions	\$700	<b>\$87.50/session</b>
12 sessions	\$780	<b>\$65/session</b>	12 sessions	\$1,020	<b>\$85/session</b>
20 sessions	\$1,099	<b>\$54.95/session</b>	20 sessions	\$1,499	<b>\$74.95/session</b>

## 30-MINUTE TRAINING PACKAGES

Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedule? Get customized answers and advice during a concentrated 30-minute training session.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$50	<b>\$50/session</b>	1 session	\$70	<b>\$70/session</b>
4 sessions	\$180	<b>\$45/session</b>	4 sessions	\$260	<b>\$65/session</b>
8 sessions	\$340	<b>\$42.50/session</b>	8 sessions	\$500	<b>\$62.50/session</b>
12 sessions	\$480	<b>\$40/session</b>	12 sessions	\$720	<b>\$60/session</b>
20 sessions	\$640	<b>\$32/session</b>	20 sessions	\$1,040	<b>\$52/session</b>



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# BUDDY TRAINING

Want to work out with a friend or partner? Enjoy concentrated attention as you work together with (or compete against!) a buddy to reach shared goals. Prices listed are per participant.

## 60-MINUTE INTRODUCTORY PACKAGE

New to buddy training? Find out if it's the right path for you both to reach your goals with a special rate for new training clients. (Limit one per customer, members only)

Package	Price	Price Per Session
4 Sessions	\$159	<b>\$39.75/session</b>

## 60-MINUTE TRAINING PACKAGES

Looking to lose weight, improve strength and endurance or train for a competition? Get the most out of your training time with a customized 60-minute workout.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$45	<b>\$45/session</b>	1 session	\$65	<b>\$65/session</b>
4 sessions	\$175	<b>\$43.75/session</b>	4 sessions	\$255	<b>\$63.75/session</b>
8 sessions	\$340	<b>\$42.50/session</b>	8 sessions	\$500	<b>\$62.50/session</b>
12 sessions	\$480	<b>\$40/session</b>	12 sessions	\$720	<b>\$60/session</b>
20 sessions	\$750	<b>\$37.50/session</b>	20 sessions	\$1,150	<b>\$57.50/session</b>

## 30-MINUTE TRAINING PACKAGES

Looking for guidance on safe exercise techniques, new ideas to add to independent workouts, or training that fits into your busy schedules? Get customized answers and advice during a concentrated 30-minute training session.

Member			Non Member		
Package	Price	Price Per Session	Package	Price	Price Per Session
1 session	\$35	<b>\$35/session</b>	1 session	\$55	<b>\$55/session</b>
4 sessions	\$135	<b>\$33.75/session</b>	4 sessions	\$215	<b>\$53.75/session</b>
8 sessions	\$260	<b>\$32.50/session</b>	8 sessions	\$420	<b>\$52.50/session</b>
12 sessions	\$360	<b>\$30/session</b>	12 sessions	\$600	<b>\$50/session</b>