

PERSONAL TRAINING SERVICES

Get fit, with help from a certified professional trainer!



Jaime S.
MCC
ACSM-PT
AAS Fitness
Training



Kayci C.
MCC
BS Exercise
Science-PT

Personal Training Session for New Clients

This session includes a 30-minute fitness assessment and a 1-hour personal training session with a certified personal trainer. Receive a fitness assessment and custom-designed program orientation. Get a workout plan that meets your fitness goals.

Only \$60! (a \$93 value!)

Body Composition Assessment

Track your weight goals accurately! Through a skinfold caliper test and our fitness software, learn what your current body fat and lean muscle mass percentages are. Receive a printout of your results. \$17

Fitness Assessment

Track your fitness goals accurately! Our certified personal trainers will take you through a series of fitness tests including: blood pressure, resting heart rate, body fat composition, cardiovascular endurance, flexibility, muscular strength and endurance. Receive a printout of your results and recommendations for personal training sessions that will help you reach your goals.

\$33

Personal Training Sessions

Our certified personal trainers will assist and motivate you to improve your overall health and maximize your fitness level. Receive one-on-one instruction to develop a fitness program that will meet your goals and on going support to help you continue.

One hour \$60 Two hours \$110

Five hours \$269 Ten hours \$478

Group Training Personal Training

Group Personal Training is a great way to stay motivated and save BIG money! Only \$11, per person, to add to any package. (excluding Personal Training Session for New Clients, max. group size-5)

30 minute Personal Training Sessions

Are you finding it hard to fit a workout into your busy schedule? Our certified personal trainers will get you moving with a focused workout that is time efficient and cost effective. New clients must begin with a 60 minute training session before taking part in this program.

6 sessions \$204 12 sessions \$384



Alan W.
MCC/FCC
Exercise
Physiologist
BS Exercise
Science



Tish S.
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ACE-PT
ACE-
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Janne V.
FCC
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Group
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