



Investing in a **Personal Trainer pays off**

- ✓ Accountability and motivation ✓ Measurable results
- ✓ Learn good techniques and form ✓ Injury prevention

PERSONAL TRAINING – 25 MINUTES

Personal Training	Single 25	Pkg 5/25	Pkg 10/25
Level 1 (Certified)	\$40.00	\$190.00	\$360.00
Level 2 (Advanced)	\$45.00	\$213.75	\$405.00
Level 3 (Elite)	\$50.00	\$237.50	\$450.00
Buddy Training	Bdy 1/25	Bdy 5/25	Bdy 10/25
Level 1 (Certified)	\$60.00	\$285.00	\$540.00
Level 2 (Advanced)	\$65.00	\$308.75	\$585.00
Level 3 (Elite)	\$70.00	\$332.50	\$630.00

WHAT ARE YOU WAITING FOR? BOOK A PACKAGE TODAY!

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PERSONAL TRAINING – 55 MINUTES

Personal Training	Single 55	Pkg 5/55	Pkg 10/55
Level 1 (Certified)	\$70.00	\$332.50	\$630.00
Level 2 (Advanced)	\$80.00	\$380.00	\$720.00
Level 3 (Elite)	\$90.00	\$427.50	\$810.00
Buddy Training	Bdy 1/55	Bdy 5/55	Bdy 10/55
Level 1 (Certified)	\$90.00	\$427.50	\$810.00
Level 2 (Advanced)	\$100.00	\$475.00	\$900.00
Level 3 (Elite)	\$110.00	\$522.50	\$990.00

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