



# Personal Training Packages

Maximize your workout and fitness efforts by training with one of our certified personal trainers



## Individual Packages

1 Session	\$40.00
4 Sessions	\$145.00
8 Sessions	\$250.00
12 Sessions	\$350.00

Get professionally trained with a friend, spouse, family member or co-worker. Packages are for groups from 2 to 4 people!!!

## Group Packages

2 x per week	\$225.00
3 x per week	\$300.00

