

**Need direction with your workout?**

# Personal Training

30 & 60-minute sessions available.



- Let a member of our nationally certified staff assist you with your fitness goals.
- Initial session will include baseline testing & goal setting.
- Sessions will include focused training for your needs & desires.
- Our expert staff have a wide range of knowledge and experiences that include high level athletes to post injury recovery & everything in between.

For more information, contact our membership office at 632-5634.

## Cost for 30 & 60-minute Training Sessions

# of Sessions	1 Person		Duo		Non-Member
	30 min	60 min	30 min	60 min	
8	\$120	\$244	\$152	\$288	Add \$20
12	\$168	\$312	\$216	\$408	Add \$30
20	\$260	\$480	\$340	\$640	Add \$40

  
**Sam B. Cook**  
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