

OUR MISSION AS PERSONAL TRAINERS

Meridian Rolling Hills Club is dedicated to transforming the lives of its members through our unwavering commitment to deliver innovative programming, solutions and tools that will produce remarkable results for the members.

Through personalized attention, professional instruction, and multi-dimensional exercise programs, we will provide a road map for your fitness health and wellness goals.

PERSONAL TRAINING PACKAGES

Semi-Private Training

Come train with a friend...you can keep each other motivated!!!

2 Members

10 (1 hour) = \$900 or \$450/pp

Small Group Training

A perfect way to begin or end your day. Get your breakfast or dinner buddies to stop by the Fitness Center for Group Training Sessions with you.

3 Members 10x1 hour = \$1,100

4 Members 10x1 hour = \$1,250

5 Members 10x1 hour = \$1,400

PERSONAL TRAINING PACKAGES

Our trainers are a team of qualified, experienced and motivated professionals. Please see the trainers board in the Fitness Center to view our training staff. For Personal Training information or fitness advice contact the Fitness Center at ext. 9503.

FEES

Individual Session

\$80 Member - 60 minute session

\$50 Member - 30 minute session

5-Session Package

\$350 Member - 60 minute session

\$220 Member - 30 minute session

10-Session Package

\$645 Member - 60 minute session

\$395 Member - 30 minute session

20-Session Package

\$1190 Member - 60 minute session

\$695 Member - 30 minute session

30-Session Package

\$1660 Member - 60 minute session

\$975 Member - 30 minute session



MICROFIT COMPUTERIZED FITNESS ASSESSMENTS

Microfit Interactive System features a collection of high quality medical devices for measuring weight, body fat, blood pressure, flexibility, resting heart rate, and cardiovascular fitness.

What MicroFit Can Do For YOU...

- * Establishes a baseline from which health and fitness improvements can be measured.
- * Creates personalized reports and recommendations for optimum health.
- * Tracks and measures success over time.

\$65/Session Member

\$90/Session Non-member

