

PERSONAL TRAINING PACKAGES

Semi-Private Training

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

2 Members

10 pack = \$700 or \$350/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.

3-5 Members

10 pack = Total Price \$850



OUR MISSION AS PERSONAL TRAINERS

The mission of our personal training team is to provide you with personalized attention, professional instruction, and multi-dimensional exercise programming options that will significantly contribute to your fitness, health, and wellness goals.

PERSONAL TRAINING SESSIONS

Our trainers are a team of qualified, experienced and motivated professionals who are dedicated to helping you achieve your goals. Please see the trainers board in the Fitness Center to view our training staff.

For Personal Training information or fitness advice contact Jenn Nowak, Fitness Director at extension 270.

FEES

Individual Session*

\$65 Member - 60 minute session

5-Session Package**

\$315 Member - 60 minute session

10-Session Package***

\$600 Member - 60 minute session

20-Session Package****

\$1100 Member - 60 minute session

40-Session Package*****

\$2000 Member - 60 minute session

- * Individual session expires in 30 days.
- ** 5 sessions expires in 60 days.
- *** 10 sessions expires in 90 days.
- **** 20 sessions expires in 120 days.
- ***** 40 sessions expires in 240 days.





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.

\$45/Session Member
\$65/Session Non-member

PROGRAM GUIDELINES

You will be asked to complete a health questionnaire and, in certain situations, you may be asked to provide clearance from your physician.

Cancellation Policy

In order for us to provide optimal availability and service for everyone, we ask that you cancel your appointment at least 24 hours in advance. If you do not cancel within that time period, you will be charged the full session price. Exceptional situations will be given appropriate consideration.

Late Policy

If you are late for your appointment, the workout time will be shortened accordingly. If you are 20 or more minutes late, the session may be cancelled and you may be charged for the entire session. Exceptional situations will be given appropriate consideration.

No Show

If you do not show up for a scheduled appointment, you will be charged the full fee for the session. Exceptional situations will be given appropriate consideration.

