

## INDIVIDUAL SUPPORT TO ACHIEVE GREATER WELLBEING PERSONAL & SMALL GROUP TRAINING - FITNESS

We offer customized workout programs for ALL fitness levels. **Beginners:** Trainers can show you how to exercise correctly and help you develop a consistent exercise routine. **Regular exercisers:** Trainers can show you new training techniques or a different exercise program to help challenge you. We offer flexible staff, flexible hours, flexible payment plans.

**NO ONLINE  
REGISTRATION**

### PERSONAL TRAINING

#### Members only - 12 & up

Certified Personal Trainers are available to design and instruct an exercise program to suit your individual goals and needs. Additional fee required. Each session is one hour. **Sessions are good for 6 months after purchase and are not refundable. Membership required. You must cancel 24 hours in advance or you will be charged for the session.**

#### One Hour Personal Training (can not be split into 1/2 hour sessions)

1 session	\$ 75	5 sessions	\$360
3 session	\$220	10 sessions	\$720
Introductory 3-pack purchased within 14 days of joining: \$190			

#### Half Hour Personal Training

1 session	\$ 40	5 session	\$185
3 session	\$ 115	10 session	\$360

### BOXING 101 WITH LARRY

#### Members only - 12 & up

The sport of boxing is second to none with the gains in strength and coordination it provides. Training with Larry will help improve your endurance and flexibility. By the end of 10 sessions you will be able to go a 3 minute round on the pads. Gloves and wraps will be necessary. **You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### ONE-ON-ONE PILATES OR YOGA INSTRUCTION

#### Members only - 12 & up

Certified Yoga and Pilates Mat Science instructors are available on an individual basis for members interested in experiencing these disciplines in more depth or progressing to a higher level. Individualized programs are also suitable for beginners or as an introduction to these exercise modes. Sessions are 45 minutes. **Membership required. You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### HEALTHY BACK TRAINING WITH JOY

#### Members only - 12 & up

Joy Jacobson will help you to improve posture and reduce back pain using core strengthening exercises and the Alexander technique. A personal training program designed for current back sufferers and those who want to avoid becoming one! You will learn to do everything from sitting in a chair to running in a more functional and pain-free way. **You must cancel 24 hours in advance or you will be charged for the session.**

**1 session: \$75    3 sessions: \$220    10 Sessions: \$720**  
Sessions are good for 6 months after purchase and are not refundable.

### SEMI-PRIVATE PERSONAL TRAINING

#### Members only - 12 & up

#### Please note that you must provide the second participant

Personal training for 2 participants simultaneously. Perfect for 2 friends with similar goals, 2 busy teen friends who want to earn their Teen Fitness Passport but have no after school time, or 2 Senior exercise pals who want to learn more. Each session is one hour. **Membership required. Sessions are good for 6 months after purchase and 24 hour cancellation policy is in effect. Fees are per participant.**

#### Co-ed. Ages 12-adult

**1 session: \$45 each (full \$90 due at registration)**  
**3 sessions: \$130 each (full \$260 due at registration)**  
**5 sessions: \$210 each (full \$420 due at registration)**  
**10 sessions: \$420 each (full \$840 due at registration)**



### SMALL GROUP TRAINING - INFORMAL GROUPS:

Groups of 3-5 people can sign up for group personal training, and schedule the training sessions to fit the groups' schedule. Members will be matched up with a trainer, and will schedule their group workouts at times when all are available. Get a group together and train anywhere from 6 times a week for one week, one time a week for 6 weeks, or any other combination that helps your group achieve their goals! All sessions are scheduled prior to the first group workout.

**6 (45 minute) Group Workouts: \$108 per person; 12 (45 minute) Group Workouts: \$206 per person**  
**Payment for all participants due in full at time of registration**

**Please note:** All group workouts are 45-minutes long. There are no make up group workouts. If a participant of the group does not show up, they lose that workout. All group workouts must be completed within 6 months.