

PERSONAL TRAINING INFORMATION

INDIVIDUAL SESSION

MEMBER	\$35
NON-MEMBER	\$45

Hiring a personal trainer is an investment. The returns you will receive are a high-quality, goal-driven program guided by an expert trainer. Experience a personalized training program designed to meet your needs and abilities.

SESSION PACKAGES

PACKAGE	MEMBER	NON-MEMBER
4 SESSIONS	\$130	\$170
8 SESSIONS	\$240	\$320
12 SESSIONS	\$336	\$456

Your first session is on us! We want you to have an opportunity to experience a workout before committing.

Get started with us today!



Contact Our Trainers

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