



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Personal Training

**Fitness Assessment &  
Goal Setting Session**  
**\$55**

A one hour consultation to establish medical history and your personal fitness goals. Must be completed before personal training begins.

**1/2 hour session**  
**Members \$30**  
**Non-Member \$35**

**1 hour session**  
**Members \$55**  
**Non-Members \$65**

**5 one-hour sessions**  
**Members \$250**  
**Non-Members \$270**

**5 half-hour sessions**  
**Members \$135**  
**Non-Members \$150**

**10 half-hour sessions**  
**Members \$250**  
**Non-Members \$290**

**20 half-hour sessions**  
**Members \$410**  
**Non-Members \$500**

