



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE YOUR BEST SELF

## PERSONAL TRAINING

### NEW SPECIAL INTRO PACKAGE

**3 Sessions- \$60**

*One time only per member.*



	MEMBERS	NON-MEMBERS	
3 SESSIONS	\$125	\$145	<i>Sessions can be tailored to your interests— Body composition, cross-training, barbell, kettlebell, athletic conditioning, and specialty</i>
5 SESSIONS	\$175	\$195	
10 SESSIONS	\$300	\$325	
15 SESSIONS	\$400	\$425	
20 SESSIONS	\$500	\$525	

### All sessions are 1 hour. Each Training Package includes:

- One InBody scan to establish starting body fat and muscle mass
- A half-hour consultation to set your personal fitness goals.
- Fitness and movement quality assessments as needed.
- Exercise program design and expert instruction!



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Rocky Mount, VA 24151  
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293 FirstWatch Drive  
Moneta, VA 24121  
(540)721-9622

Ferrum  
333 Wiley Dr.  
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