



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE YOUR BEST SELF

PERSONAL TRAINING

SPECIAL INTRO PACKAGE

3 Sessions - \$60

* One per member



PACKAGES	ONE HOUR SESSION	45-MINUTE SESSIONS	
4x/MONTH	\$120	\$100	
8x/MONTH	\$225	\$192	Ask about pricing for non-members!
12x/MONTH	\$312	\$264	

All sessions are 1 hour long. 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
- Packages are priced per month

Our certified trainers can help you work on:

- Improving general fitness
- Increasing strength or cardiovascular fitness
- Changing body composition (fat reduction/lean mass gain)
- Reducing the chance of injury, breaking through plateaus and establishing a lifetime exercise habit

Rocky Mount
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

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

Ferrum, VA 24088
(540)365-9622

Smith Mountain Lake

Ferrum
333 Wiley Dr.