



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FITNESS

Invest in your health!

- Bust through a plateau
- Alleviate boredom
- Increase motivation
- Improve heart health
- Increase strength and endurance



TRY PERSONAL TRAINING

SEE RESULTS!

ACCOUNTABILITY

Rates

NEW Half Hour Session...
\$25.00

1 on 1 with the Dietitian

1 hr. Session with 1 follow
up..\$40

Hour Session...\$40.00

Package Deals

2,1 hr Sessions with 2 follow
ups\$60

10 Pack, 1 hr...\$350.00

5 Pack, 1 hr...\$ 175.00

(Follow Up appointments via phone
or email)

2 people, 1 hr...\$60.00

TRY S.G.P.T.

SMALL GROUP PERSONAL TRAINING



- 3 people = \$20/person
- 4 people = \$15/person
- 5 people = \$12/person
- 6 People = \$10/person



***\$10 additional Non-member
fee**