

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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...

Hour Session...\$40.00

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Package Deals

\$25.00

10 Pack, 1 hr...\$350.00

5 Pack, 1 hr...\$ 175.00

2 people, 1 hr...\$60.00

1 on 1 with the Dietitian

1hr. Session with 1 follow

up..\$40

2,1hr Sessions with 2 follow

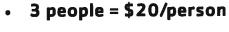
ups\$60

(Follow Up appointments via phone

or email)

TRY S.G.P.T.

SMALL GROUP PERSONAL TRAINING



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



*\$10 additional Non-member fee