



PERSONAL TRAINING

Gain the confidence you need to achieve and exceed your health and fitness goals with the guidance and support of our nationally certified personal trainers. Our trainers are here to coach and guide you to a healthier and stronger you.

1-ON-1

Work with a nationally certified personal trainer to reach your goals with confidence, in a welcoming and nurturing environment.

Member Pricing

60-minute sessions

- 1 session – \$55
- 5 sessions – \$230
- 10 sessions – \$400

Nonmember Pricing

60-minute sessions

- 1 session – \$70
- 5 sessions – \$300
- 10 sessions – \$550

BUDDY TRAINING

Get fit with a partner! Bring your friend, family member or spouse to keep each other accountable in your training and to make it fun, and they save 50%. *One participant must be a member.*

60-minute sessions

- 5 sessions \$345
- 10 sessions \$600

TRAIN YOUR WAY

Do you feel confident in the gym but want someone to create your program? This option is for you! Meet with a trainer to talk about your goals, then they will set you up with a program to follow over the next month.

Fee: \$100 Members & \$130 Nonmembers

**Check-in: \$50 Members & \$65 Nonmembers
(60-minute sessions)**