



## Group Personal Training Schedule 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15-am <b>HIIT Pyramid-Gym Steve</b>	8:30-9:15am Circuit Weights / Core <b>Gym Steve</b>	8:30-9:15am Cardio Workouts <b>Gym Steve</b>	8:30-9:15am Weights / Cardio <b>Gym Steve</b>	8:30-9:15am BootCamp / Cardio <b>Gym Steve</b>	

Class	Member Price Per Session	Description
Group PT Class	\$50 Per month Unlimited classes	Wow! That is \$4 per class if you exercised 3 times per week. This exceptional price (monthly draft) allows you to exercise any scheduled Group PT class every week, (unlimited). Build strength and burn calories. Nationally certified personal trainers create circuits and other high energy workouts.

### New Personal Training Client Special

First time Personal Training	\$99	A <b>one-time</b> special introductory personal training package for new and existing members who have not previously participated in personal training services. This package consists of three 60 minute sessions.
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### Personal Training Packages

Type	Minutes	Visits	Member Price per hour/person	Member Package Total Cost
Private Personal Training	60	<b>1</b>	\$66	\$66
	60	<b>6</b>	\$56	\$336
	60	<b>10</b>	\$46	\$460
	30	<b>1</b>	\$46	\$46
	30	<b>6</b>	\$39	\$234
	30	<b>10</b>	\$32	\$320
Semi-Private Personal Training (2-5 People)	60	<b>1</b>	\$35	\$35
	60	<b>6</b>	\$32	\$192
	60	<b>10</b>	\$30	\$300
	30	<b>1</b>	\$25	\$25
	30	<b>6</b>	\$23	\$138
	30	<b>10</b>	\$21	\$210
MyFitness Appointment	<b>FREE</b>	Schedule an appointment today to discuss your health and wellness goals with our qualified staff who will make recommendations based on your needs. You will also be instructed on how to use various pieces of equipment in our fitness center.		
Fitness Assessment	<b>FREE</b>	Curious about your current fitness level? Schedule an appointment with one of our Personal Trainers who will take some basic measurements and run you through a few simple fitness tests.		