

Personal Training

Accountability

Your trainer will set weekly goals and check in on a regular basis to view your progress

Challenge

Your trainer will challenge you further out of your comfort zone

Educate

Your trainer will instruct and assist you on proper form and technique and will bring a wealth of knowledge

Goal setting

Are your goals set realistic to how you are exercising and eating

Motivation

An appointment with your trainer keeps you accountable and consistent

Members

Single session

30 min—\$43

60 min—\$71

60 min—2 on 1—\$107

Non-members

Single session

30 min—\$53

60 min—\$89

60 min—2 on 1—\$133

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Members

10 visit pass

30 min—\$387

60 min—\$639

60 min—2 on 1—\$963

Non-members

10 visit pass

30 min—\$477

60 min—\$801

60 min—2 on 1—\$1,197