



PERSONAL TRAINING



Exercise Consultation 1hr.: \$40

One on one consultation to help develop an exercise program specific to your needs; whether you're just starting out, needing a change, or verification that you're on the right track. Sit down with a professional to get the right answers.

Exercise Session/consultation 1hr.(in home):\$60

An exercise physiologist/personal trainer will come to your home to design an exercise program to accomplish your individual goals using what is available in your own home. Don't miss this great opportunity to get a personalized program to getFIT.

3 Personal Training Sessions: \$150 (\$50/session)

6 Personal Training Sessions: \$270 (\$45/session)

12 Personal Training Sessions: \$480 (\$40/session)

Personal training sessions are done within one's own home. Enjoy the comfort of exercising from home whether you have exercise equipment or not our professionals can design a unique exercise program built for your needs and goals. Work one on one to accomplish what you've always dreamed of accomplishing without leaving home.

