



PERSONAL TRAINING



\$150 INTRODUCTORY PACKAGE*

INCLUDES: 5 HALF-HOUR SESSIONS

*Introductory rate only valid for NEW personal training clients

Benefits of Personal Training Include:

- Boost Metabolism & Lose Weight
- Build Overall Muscle Tone & Strength
- Feel Healthier & Happier
- Better Balance & Stability

REGULAR RATES	1/2 HOUR ONE HOUR 5 ONE HOUR 10 ONE HOUR
	(OR 10 HALF HOURS) (OR 20 HALF HOURS)
	\$35 \$70 \$330 \$660