



# PERSONAL TRAINING



**\$130** 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

<b>REGULAR RATES</b>	1/2 HOUR   ONE HOUR   5 ONE HOUR   10 ONE HOUR
	(OR 10 HALF HOURS) (OR 20 HALF HOURS)
	<b>\$30   \$60   \$280   \$560</b>

**NEW! BUDDY TRAINING** 1 HOUR TWO PEOPLE \$30 PER PERSON