



Personal Training Fees & Options

Personal Training

Personal training sessions are designed to meet the specific needs of each individual who choose this path to fitness and total wellbeing. One of our nationally certified personal trainers will design and conduct safe, effective, and goal-orientated sessions for you. Our trainers will be there to demonstrate, shadow, and help you achieve these goals. Clients must be at least 12 years old. Packages of 1, 3, or 6 will expire 6 months from purchase. Packages of 12 will expire 1 year from purchase.

Resident	1 Session	3 Sessions	6 Sessions	12 Sessions
Individual 30 min.	\$34	\$82	\$144	\$255
Individual 60 min.	\$52	\$133	\$254	\$485
*Partner 30 min.	\$31	\$68	\$128	\$242
*Partner 60 min.	\$46	\$107	\$192	\$352
Non-Resident	1 Session	3 Sessions	6 Sessions	12 Sessions
Individual 30 min.	\$41	\$99	\$179	\$325
Individual 60 min.	\$57	\$156	\$295	\$554
*Partner 30 min.	\$34	\$78	\$148	\$283
*Partner 60 min.	\$52	\$123	\$228	\$421
Member	1 Session	3 Sessions	6 Sessions	12 Sessions
Individual 30 min.	\$23	\$66	\$124	\$222
Individual 60 min.	\$41	\$117	\$225	\$416
*Partner 30 min.	\$20	\$51	\$93	\$173
*Partner 60 min.	\$34	\$87	\$159	\$291

* = Price per person