



PERSONAL TRAINING

w/ Jeanette, Michelle, & Christine

Personal Training

Regular Pricing

Private (1):	30 minutes	Cost: \$30 (member	\$40 (non member)
	1 hour	Cost: \$60 (member)	\$70 (non member)
Semi-Private (2):	30 minutes	Cost: \$20 (member)	\$30 (non member)
	1 hour	Cost: \$35 (member)	\$45 (non member)
Group of 3 or 4:	30 minutes	Cost: \$15 (member)	\$25 (non member)
	1 hour	Cost: \$25 (member)	\$35 (non member)

3 Session Trial Package (30 minutes)

Private (1): 3- 30 minute Cost: \$60 (member's only)

Assisted Stretch w/Jeanette

Regular Pricing

Private (1): 30 minute Cost: \$35 (member) \$45 (non member)

3 Session Trial Package (30 minutes)

Private (1): 3- 30 minute Cost: \$60 (member's only)

Assisted Stretch + PT w/Jeanette

Regular Pricing

Private (1): 1 hour Cost: \$75 (member) \$85 (non member)

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