

# Personal Training



## ONE-ON-ONE PERSONAL TRAINING

<b>1 hour</b>	<b>Members</b>	<b>Nonmembers</b>
1 Session:	\$75	\$85
3 Sessions:	\$210	\$240
5 Sessions:	\$340	\$390
10 Sessions:	\$650	\$750
<b>30 minutes</b>		
1 Session:	\$40	n/a
5 Sessions:	\$185	n/a
10 Sessions:	\$350	n/a

## MES (Medical Exercise Specialist)

<b>1 hour</b>		
1 Session:	\$95	\$105
5 Sessions:	\$450	\$500
10 Sessions:	\$875	\$975

## STRETCH THERAPY

<b>1 hour</b>		
1 Session:	\$95	\$105
5 Sessions:	\$450	\$500
10 Sessions:	\$875	\$975
<b>30 minutes</b>		
1 Session:	\$50	n/a
5 Sessions:	\$225	n/a
10 Sessions:	\$425	n/a

## NUTRITIONAL CONSULTATIONS

<b>1 hour</b>		
5 Sessions:	\$450	\$500
10 Sessions:	\$875	\$975

*Our certified personal trainers are currently certified through one of the nationally accredited industry associations such as NASM, ACSM, NSCA, or ACE, USTA with a minimum of one year experience working with clients and our nutritionist is NDTR certified.*

For more information or to set up a consultation, contact:

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