



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PERSONAL FITNESS TRAINING RATES AND PACKAGES

Type of Training	Length of Sessions	One Session	Four Sessions 5% discount	Eight Sessions 10% discount	Twelve Sessions 15% discount
<b>Individual Training</b>	30 MINS	\$40	\$152	\$288	\$408
	60 MINS	\$55	\$228	\$432	\$612
<b>Partner Training</b>	30 MINS	\$60	\$228	\$432	\$612
	60 MINS	\$80	\$304	\$576	\$816
<b>Group Training</b>	30 MINS	\$70	\$266	\$504	\$714
	60 MINS	\$90	\$342	\$648	\$918

A certified personal trainer works with you individually, with you and a partner, or in a group (3-4) to help you get fit or upgrade your current level of fitness.

Completed form with payment should be turned into the front desk. The Wellness Director or desired trainer will contact you to schedule a consultation and a meeting with a personal trainer.

Date: / / Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

I am interested in: Sessions to get me started on my own \_\_\_\_ Long term training \_\_\_\_

Specific Trainer \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Days Available for Training: Mo Tue Wed Thu Fri Sat Sun (please circle that apply)

Preferred times of the day: 5-8am 8-11am 11-2pm 2-5pm 5-8pm

Goals: