

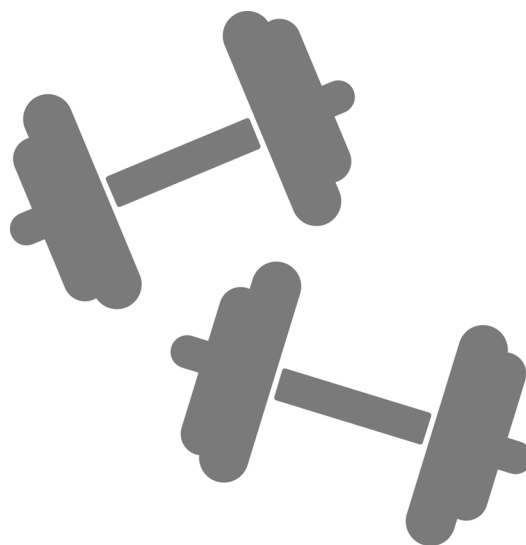


Personal Training

Are you new to exercise or want to take your fitness training to the next level? Our personal training programs will help you get results! Our personal trainers are certified and motivated to help you reach your goals! If it doesn't **Challenge You** it will not **Change You**! Get advice from an expert, as well as the personal attention that comes from a trainer. We now offer personal, semi-private, or one-on-one training sessions with our certified professional, Luke Houser. Register today at our Welcome Desk!

Benefits

- Work with an expert who will provide personalized service tailored to fit your needs.
- Ensure your safety and learn proper exercise techniques.
- Have accountability.
- Discover new exercises designed to help your personal journey.
- Build confidence and get results beyond the mirror.



Programs

- General Health & Wellness
- Fat Loss
- Balance & Flexibility
- Muscle Mass
- Functional Training
- Strength and Power Training
- Sports Conditioning

Personal Training Packages

1-4 training sessions: \$30/session

5-9 training sessions: \$27/session

10 or more training sessions: \$25/session