

# ***Personal Training***

Have you got everything it takes to get in shape - but the Motivation?

Are you someone that needs guidance and support to stay the course to healthy habits? Then Personal training is a service that can greatly enhance your exercise experience. To provide you the guidance, the structure, the support, to stay the course, to develop consistent healthy habits.

***Individual Sessions***

**1hr / \$30**

**½ hr / \$23**

***Training Packages:***

***Bronze (4 Sessions)***

**4 x 1hr = \$112**

**4 x ½ hr = \$84**

***Silver (8 sessions)***

**8 x 1hr = \$224**

**8 x ½ hr = \$168**

***Gold (12 sessions)***

**12 x 1hr = \$336**

**12 x ½ hr = \$252**

**All Personal Training Certificates Must Be Redeemed Within 90 Days**