

# PERSONAL TRAINING

Whether it's to lose weight, tone up, get in shape or recover after years of inactivity, let our personal trainers help design a safe, enjoyable exercise routine specific to your goals.



## PERSONAL TRAINING SESSIONS/PACKAGES

### 60-MINUTE SESSION

1 Session – \$35

5 Sessions – \$165  
(\$33/Session)

10 Sessions – \$300  
(\$30/Session)

**CALL 276-223-3378**  
to get started today!



### BUDDY TRAINING

2 Participants: \$45 (\$22.50 Per Person)

3 Participants: \$55 (\$18.33 Per Person)

4 Participants: \$65 (\$16.25 Per Person)