



# Achieve Your Goals

## PERSONAL TRAINING

	Sessions	30-min	45-min
<b>Personal Training</b> Train one-one-one with a certified trainer in order to achieve your desired goals.	1	\$40	\$48
	5	\$165	\$220
	10	-	\$415
	15	\$415	-
<b>Power Plate® Training</b> Improve strength, stability, and bone density through whole-body vibration training.	5	\$165	-
	15	\$415	-

## SEMI-PRIVATE TRAINING

	Sessions	30-min	45-min
<b>Training<sup>2</sup> (Two-Person)</b> Train with a spouse, friend, or co-worker and accomplish goals together.	1	-	\$36*
	5	-	\$170*
	10	-	\$310*
<b>Power Plate® Training<sup>2</sup> (Two-Person)</b> Improve strength, stability, and bone density through vibration training.	5	\$125*	-
	15	\$310*	-
<b>Small Group Personal Training (3+ Participants)</b> Train in a group with modifications to ensure effectiveness at all levels. <i>+ Please ask for prices</i>	3 person	10	-
	4 person	10	-
	5 person	10	-
			\$230*
			\$175*
			\$140*

## REHAB FITNESS

	Sessions	30-min	45-min
<b>Corrective Exercise</b> Move better and feel better through a safe and effective corrective exercise program.	5	\$165	\$220
	10	\$290	\$415
<b>Post-hab</b> Increase functional capacity with education and therapeutic exercises after discharge.	5	\$165	\$220
	10	\$290	\$415

\* Price is per person.



# Be Put to the Test

## ASSESSMENTS

	Sessions	15-min	30-min
<b>Body Composition Testing</b>	1	\$20	-
Determine your body fat percentage—an important indicator of your health and wellness.	3	\$50	-
<b>Functional Assessment</b>	1	-	\$50
Screen your body for restrictions in movement and weak areas in need of strengthening.			

## AT-HOME TRAINING

	Sessions	5 miles 30-min	5-10 miles 30-min
<b>At-Home Training</b>	5	\$315	\$415
Workout in the comfort and privacy of your own home.			
<b>At-Home Training<sup>2</sup> (Two-Person)</b>	5	\$245*	\$295*
Workout in the comfort and privacy of your own home with a spouse or friend.			

\* Price is per person.