



Achieve Your Goals

PERSONAL TRAINING		Sessions	30-min	45-min
Personal Training		1	\$40	\$48
Train one-one-one with a certified trainer in order to achieve your desired goals.		5	\$165	\$220
Virtual Training		10	-	\$415
Using the equipment you have, your trainer will create a program for you via a virtual platform.		15	\$415	-
Power Plate® Training		5	\$165	-
Improve strength, stability, and bone density through whole-body vibration training.		15	\$415	-

SEMI-PRIVATE TRAINING		Sessions	30-min	45-min
Training² (Two-Person)		1	-	\$36*
Train with a spouse, friend, or co-worker and accomplish goals together.		5	-	\$170*
		10	-	\$310*
Power Plate® Training² (Two-Person)		5	\$125*	-
Improve strength, stability, and bone density through vibration training.		15	\$310*	-
Small Group Personal Training (3+ Participants)		3 person	10	-
Train in a group with modifications to ensure effectiveness at all levels.		4 person	10	\$230*
		5 person	10	\$200*
				\$170*

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

* Price is per person.



Be Put to the Test

ASSESSMENTS

	Sessions	15-min	30-min
Body Composition Testing	1	\$20	-
Determine your body fat percentage—an important indicator of your health and wellness.	3	\$50	-
Functional Assessment	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
At-Home Training	5	\$315	\$415
Workout in the comfort and privacy of your own home.			
At-Home Training² (Two-Person)	5	\$245*	\$295*
Workout in the comfort and privacy of your own home with a spouse or friend.			

* Price is per person.