






Personal Training Rates



Ask a trainer or Member Services for details.

 60 MINUTE	1 SESSION \$25	5 SESSIONS \$90	10 SESSIONS \$150
 45 MINUTE	1 SESSION \$27	5 SESSIONS \$68	10 SESSIONS \$115
 30 MINUTE	1 SESSION \$18	5 SESSIONS \$45	10 SESSIONS \$75



BUILD
STRENGTH



IMPROVE
ENDURANCE



BOOST
ENERGY



ACHIEVE
YOUR GOALS



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