

PERSONALIZED FITNESS

just for you



**WE HAVE 15+ TRAINERS READY TO:
EDUCATE - MOTIVATE - HOLD YOU ACCOUNTABLE**

WHETHER YOU'RE A BEGINNER OR AN ADVANCED EXERCISER,
YOUTH OR SENIOR, WE HAVE A TRAINER PERFECT FOR YOU!
START WITH YOUR FREE CONSULTATION (15 MINUTES) TODAY.
A MASTER TRAINER WILL HELP DETERMINE WHAT YOUR SPECIFIC
FITNESS GOALS ARE AND HOW YOU CAN ACHIEVE THEM.



CHOICE
HEALTH & FITNESS

PERSONAL TRAINING | SINGLE SESSION RATES

Session Length	Training Rates for 1 Person		Training Rates for 2 People		Training Rates For 3 - 4 People	
	Certified Personal Trainer	Certified Master Personal Trainer	Certified Personal Trainer	Certified Master Personal Trainer	Certified Personal Trainer	Certified Master Personal Trainer
15 min	\$16.50	\$16.50	\$13.00	\$13.00	\$11.00	\$11.00
30 min	\$27.50	\$33.00	\$21.00	\$27.50	\$19.00	\$22.00
45 min	\$38.50	\$44.00	\$33.00	\$38.50	\$27.50	\$33.00
60 min	\$49.50	\$55.00	\$44.00	\$49.50	\$38.50	\$44.00

PERSONAL TRAINING | LARGE GROUP RATES

Session Length	15 min	30 min	45 min	60 min
Training Rates For 5+ People (per participant)	\$5.00	\$9.00	\$12.00	\$15.00

(*Non-members must pay guest fee on top of Trainer fees)

PACKAGES	Buy 10 Sessions Get 1 Free*	Buy 15 Sessions Get 2 Free*
	<i>(*Must purchase all lessons in package at 1 time)</i>	

OTHER SERVICES	Members	Non-Members
Body Comp / Girth & Weight	\$15.00	\$20.00
Submax vo2 / Posture / Gait	\$15.00	\$20.00
Muscle Endurance Battery	\$30.00	\$40.00
Muscular Strength Testing	\$30.00	\$40.00
Functional Movement Screen	\$30.00	\$40.00
Flexibility & Vertical	Can be added at no charge to any of the above assessments	

CHOICE PERSONAL TRAINING - CONSULTATION INQUIRY

Name: _____ Age: _____ Phone: _____

Date: _____ Preference for Trainer: Male Female N/A Are You a Current Member? Yes No

When is your training availability? _____

What are your fitness goals? _____