

# 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	\$17.50	\$13.50	\$15.50	\$11.00	\$12.00
30 min	\$31.00	\$35.00	\$25.00	\$31.00	\$20.00	\$23.50
45 min	\$42.00	\$46.50	\$36.50	\$41.50	\$30.00	\$35.00
60 min	\$52.00	\$58.00	\$46.00	\$52.00	\$39.50	\$46.50

## PERSONAL TRAINING | LARGE GROUP RATES

Session Length	15 min	30 min	45 min	60 min
Training Rates For 5+ People (per participant)	\$6.00	\$10.50	\$14.00	\$17.50

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

## PACKAGES

Buy 10 Sessions | Get 1 Free\*

Buy 15 Sessions | Get 2 Free\*

(\*Must purchase all lessons in package at 1 time)

## OTHER SERVICES

	Members	Non-Members
Body Comp / Girth & Weight	\$20.00	\$25.00
Submax vo2 / Posture / Gait	\$20.00	\$25.00
Muscle Endurance Battery	\$35.00	\$45.00
Muscular Strength Testing	\$35.00	\$45.00
Functional Movement Screen	\$35.00	\$45.00
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? \_\_\_\_\_