

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
30 min	\$32.50	\$36.75	\$26.25/person	\$32.50/person	\$21.00/person	\$24.75/person
45 min	\$44.00	\$48.75	\$38.25/person	\$43.50/person	\$31.50/person	\$36.75/person
60 min	\$54.50	\$61.00	\$48.25/person	\$54.50/person	\$41.00/person	\$49.00/person

PERSONAL TRAINING | LARGE GROUP RATES

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

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

Ask Your Trainer About Pre-Pay Packages For Purchase

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? _____