

The Wellness Center's
Personal Training
3-Session Package

to 'kick start your fitness program!

Schedule 3 - **one hour** sessions with a personal trainer and receive a discounted rate!

Individual: 3-Session Package = \$130

Single Session = \$50

Couples: 3-Session Package = \$220

Single Session = \$80



**Customize Your Workouts! • Really Learn Your Program • Need Motivation?
Great for Beginners! • Periodically Change Your Workout • Achieve Results!
Need a Workout Buddy? • Be Accountable!**

*Personal Trainers can utilize the Wellness Center's entire fitness facility.
Workouts can include: Cardiovascular Equipment, Strength Training Equipment,
Outdoor Workouts, Indoor Pools, Free Weights, Private Aerobic Classes & More!*

All three appointments must be made within a 6-month time frame.
This 3-session package is an introductory offer available for first time personal training clients.