

# Personal Training & Pilates Monthly Programs



## Personal Training

Get motivation and professional guidance from our certified personal training staff. Whether you have been working out for years or are new to exercise, our trainers provide inspiration and expert instruction to help you achieve your personal goals and see results faster.

## Pilates Reformer

Pilates is a form of strength, flexibility and stability training for participants at any fitness level. This highly effective, no impact exercise method focuses on core muscles which provide support and power the entire body. Pilates will chisel and lengthen the body, while developing muscle control and improving flexibility.

## Easy and Affordable Monthly Plans

*The more you invest in your fitness, the more you save.*

*You choose how many times you want to train per week and the trainer will do the rest!*

### One-on-One Programs

#### 30 Minute

#### 60 Minute

Month to Month

\$45/Session

\$75/Session

3 Month Commitment (then month to month until cancelled)

\$40/Session

\$70/Session

### Duet Programs

#### 30 Minute

#### 60 Minute

Month to Month

\$30/Session

\$45/Session

3 Month Commitment (then month to month until cancelled)

\$27/Session

\$40/Session

- Monthly programs are processed through our auto-pay system using a credit card or checking account. The 3 month program continues after the initial term on a month to month basis until member gives a 15 day written notice. The 3 month commitment is based on one session per week.
- Unused training sessions roll over & are available for use 6 months from purchase date as long as you have a valid membership.
- Monthly training programs require a valid core membership. Non-Members add 10%.
- Triples & Quad Packages available, ask for pricing.