



AIM HIGHER. PUSH HARDER. FEEL BETTER.

Personal Training

Whether you are new to fitness or looking for a new challenge, our Personal Trainers will design a customized program to help you achieve your goals and get results. Get started today!

INDIVIDUAL

	MEMBERS	NON-MEMBERS
Jump Start Package*	\$163	\$197
3 Sessions	\$66/session	\$76/session
5 Sessions	\$61/session	\$72/session
10 Sessions	\$56/session	\$67/session
50 Sessions	\$50/session	\$59/session
1 Session update**	\$72	\$82

PARTNER TRAINING | 2 PEOPLE (PRICES PER PERSON)

	MEMBERS	NON-MEMBERS
Jump Start Package*	\$135	\$168
3 Sessions	\$56/session	\$67/session
5 Sessions	\$50/session	\$61/session
10 Sessions	\$47/session	\$56/session
50 Sessions	\$40/session	\$50/session
1 Session update**	\$62	\$72

GROUP TRAINING | 3 PEOPLE (PRICES PER PERSON)

	MEMBERS	NON-MEMBERS
Jump Start Package*	\$117	\$150
3 Sessions	\$50/session	\$61/session
5 Sessions	\$45/session	\$56/session
10 Sessions	\$39/session	\$50/session
50 Sessions	\$35/session	\$45/session

New! Functional Movement Screen (FMS)

A 7-test screening tool used to evaluate basic movement patterns required in every sport and day-to-day activities. FMS will help to identify movement limitations, muscle imbalances and flexibility concerns.

FMS TESTING RATES

	MEMBERS	NON-MEMBERS
FMS Test (30 min)	\$40	\$50
FMS + Corrective Exercises (60 min)	\$60	\$70

Each personal training session is 60 minutes. Personal training packages are non-transferrable and non-refundable. Personal training sessions expire 12 months from date of purchase. For the most up-to-date rates please see the website.

*Jump Start Package includes 1 initial consultation and 3 personal training sessions. Jump Start Packages can be purchased once in a 12-month period.

**Need a training update? 1-session updates are available after a 3, 5, or 10 or 50-session package has been purchased.

***FMS is now included with every new personal training package purchased.