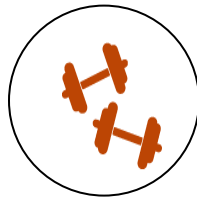


MOTIVATE



Whether you are new to exercise, your progress has hit a plateau, or you need assistance training for a specific event, our training staff is here to help you achieve your goals!

Training packages are available for all budgets and time constraints. Our team of certified and experienced trainers will work with you to design a program that will fit your needs so you get the results you

EMPOWER



One-on-One Personal Training

- Initial Interview & Assessment
- Personalized Exercise Regimen
- Access to Trainer for Support
- Re-Evaluation and Revised Regimen

| | Single Rate | Package Rate (10 sessions) |
|-------------------|-------------|----------------------------|
| 30 minute session | \$25 | \$225 |
| 60 minute session | \$45 | \$360 |

SUCCEED



Buddy System

Working out with partner helps increase motivation & fun.

- Initial Interview & Assessment
- Personalized Exercise Program
- Access to Trainer for Support
- Re-Evaluation and Revised Regimen

| | Single Rate | Package Rate (10 sessions) |
|-------------------|-------------|----------------------------|
| 30 minute session | \$15 | \$135 |
| 60 minute session | \$20 | \$180 |

General Public rates are \$20 more per session and \$100 more per package.

Cancellation Policy Specific time is set aside for your training. You must cancel appointment 24 hours in advance. Failure to do so will result in a session charge.

8-Week Personalized Written Program

- Initial Interview, Assessment
- One-30 minute session
- Personalized Exercise Regimen
- Access to Trainer for Support

FEE: Y-Members \$80.00 General Public \$160.00

12-Week Personalized Written Program

Includes all the above plus two 30 minutes sessions

FEE: Y-Members \$120.00 General Public \$240.00

