### Interested in

# Personal Training?!

#### TRAINING PACKAGES

#### INDIVIDUAL

INDIVIDUAL								
[1]	30 minutes	\$45	[1] 60 minutes	\$70				
[2+]	30 minutes	\$40	[2+] 60 minutes	\$65				
BUDDY								
(1 TRAINER, 2 CLIENTS)								
[1]	30 minutes	\$40	[1] 60 minutes	\$55				
[2+]	30 minutes	\$35	[2+] 60 minutes	\$50				
GROUP								
(1 TRAINER, 3+ CLIENTS)								
[1]	30 minutes	\$35	[1] 60 minutes	\$45				
[2+]	30 minutes	\$30	[2+] 60 minutes	\$40				

 \*All packages include a FREE 30-minute Fitness Consultation.

## **Benefits of Training include:**

Better/Faster Results, Consistency, Accountability, Maximize your Time, Motivation and Learn New Skills!



(Cut/tear here and return lower half to Fitness Staff)

Name:	Co							
Have you worked with a	a trainer be	fore?	Yes	No				
rainer Preference? Male F		Female	No Preference					
What time of day are yo	ou looking t	o train? I	Morning l Afternoo					
How many Days a week	? 1x 2x	3x 4x	5x					
What are your goals?								
Do you have any limitations or injuries?								
				elevation				