



PERSONAL TRAINING

Our certified personal trainers will provide the guidance and the inspiration you need to achieve your health and fitness goals.

TRAINING OPTIONS

30-Minute Session.....\$50
 1-Hour Session\$70

PARTNER TRAINING

1-Hour Session.....\$50 Each
 5 x 1-Hour Sessions\$225 Each

FIT 3D

Scanner Session.....\$40

PACKAGES

Thirty-Minute Packages*

5 x 30-Minute Sessions \$225
 10 x 30-Minute Sessions\$400

One Hour Packages*

5 x 1-Hour Sessions \$325
 10 x 1-Hour Sessions.....\$600

*Packages expire one year from purchase.
 Packages are non-refundable and non transferable.

FREE PERSONAL FITNESS ASSESSMENT* FOR NEW MEMBERS

This assessment establishes a baseline for your fitness level and fitness health. The 1-hr session includes cardiovascular, strength, flexibility, body fat, target heart rate and a discussion of fitness goals.

**Also included is a scan on our Fit 3D scanner!
 Total value \$110.*



theclubssi.com
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