

**Applications are available at the front desk.**

<b>Type of Personal Training session</b>	<b>Current Rates</b>
<b>One hour</b>	<b>\$45</b>
<b>One hour x 10 sessions</b>	<b>\$405</b>
<b>30 minutes</b>	<b>\$35</b>
<b>30 minutes x 10 sessions</b>	<b>\$315</b>
<b>Small Group Training</b>	<b>\$65</b>
<b>Small Group x 10 sessions</b>	<b>\$585</b>

**Non-members may only purchase 4 sessions.**