



PERSONAL TRAINING TRAIN YOUR WAY

Meet with a certified trainer to discuss your goals!



Step 1: Schedule your individual consultation with one of our trainers to discuss experience, limitations, and goals.

Step 2: Go through the specialized plan our trainer puts together just for you.

Step 3: Follow your 30 day plan!

Your trainer will connect with you in a couple of weeks to schedule a check in, if desired.

Fee: \$100 member/\$130 non member

Check In: \$50 member/\$65 non member PER HOUR



YOUR WAY.
YOUR Y.



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