

Personal Training Program

INCLUDES:

- Highly Qualified Trainers with Degrees and Certifications
- Nutritional Counseling
- Progress Assessments Every 4 Weeks
- Exercise Prescriptions on Days without Your Trainer
- Private Training Studio and Equipment
- Affordable Monthly Payment and payroll deduction options available
- Receive constant motivation, support and accountability.
- Optional training methods (One on One, Buddy Training, or Small Group)

The personal training program is offered as an add-on to your free membership for a fee.

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