

Personal Training Menu

Recipe for Results- this year, don't make *resolutions*, make *reservations*.

Reserve your own personal trainer today to get the results you want

Get off to the right start. Get the knowledge, expertise and motivation you need to succeed. Sportsplex personal training puts you on the fast track to results. The difference is in the details. Your Sportsplex personal trainer manages the details of getting in great shape so you don't have to. ***It's All About You.*** Sportsplex personal fitness trainers are certified fitness professionals who possess a passion for helping you create physical change. Their energy and talent turn your workouts into exercise experiences that are effective, focused and fun. Start Now!

Fast Track	Wanna jump right in? Special point of sale package offer 3 pack of 45 minute sessions	\$110.00 (for new members only) Must be completed within 30 days of purchase.
Six-Pack In 6	Want to focus strictly on abs and core? Looking to chisel your middle? Each 30 minute session will get you closer to the "6 pack" you've always wanted. Just 3 weeks of bi-weekly workouts will help get you there –	\$150 for 6 thirty minute sessions for a premier trainer and \$180 for a master trainer.
6 Week Express Melt	Need to burn some fat in a hurry? Perfect for that wedding, reunion, vacation, or because you've waited long enough...Our 6 WEEK EXPRESS MELT mixes cardio and strength training into a circuit routine that will help you drop pounds, lose fat, and lose inches...fast.	6 weeks of bi-weekly 45 minute sessions for the quick study, (with a premier trainer \$450 / master trainer \$540) OR 6 weeks of bi-weekly 60 minute sessions for those who need more of a push (\$600 for premier trainer / \$720 for master)
Complete Body Transformation	Not for the undisciplined – this program requires that you be available 2 days a week for 12 weeks with the expectation that you are doing your "homework" as assigned by your trainer. This package includes nutrition makeover and supermarket tour.	\$960 for 24 sixty minute sessions with a premier trainer and \$1,150 for a master trainer.