

Fitness

Sportsplex Personal Training

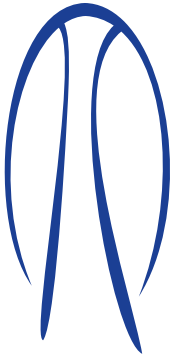
Whether you want to reduce body fat, gain muscle mass, increase strength, improve sport performance, or simply to improve your general health and fitness, our certified personal trainers will help you achieve your goals.

It is our commitment to excellence that will constantly improve the quality of our personal training. Each trainer participates in the Sportsplex Educational Pyramid, a continuing education curriculum and advanced certification track. Important to note, there will always be areas of specialization, educational differences, and varying years of experience among our personal training staff. Therefore, in order to best reflect these differences, we provide three levels of service: Professional, Premier and Master.

	Options	Professional <i>(New)</i> Per session	Premier Per session	Master Per session
One-On-One				
	1 session	\$45	\$50	\$60
One Hour	3 sessions	\$42	\$47	\$57
	6 sessions	\$40	\$45	\$55
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	1 session	\$30	\$35	\$40
Half Hour	3 sessions	\$28	\$33	\$37
	6 sessions	\$25	\$30	\$35
Partner				
	1 session	\$55	\$60	\$70
Cost divided Two members	3 sessions	\$52	\$57	\$67
	6 sessions	\$50	\$55	\$65

All packages are subject to expire within four months of purchase. No-shows or cancellations less than twenty-four hours before scheduled personal training sessions will be charged to the client. Be courteous to the next client. If you are tardy, your appointment will be shortened.

Contact Fitness Director **Kim England** to start your Sportsplex Personal Training Program today!!
845-565-7600 or email kengland@sportsplex-nw.com



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