

Fitness

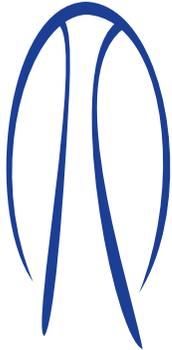
Personal Training Menu

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!**



SPORTSPLEX

Fast Track	Wanna jump right in? Special point of sale package offer 3 pack of 45 minute sessions	\$115.00 (for new members only) Must be completed within 30 days of purchase.
Three Week Intensive	Meet with your trainer twice a week for three weeks and see immediate results. Each 30-minute session will get you closer to your goal. Whether to chisel yourself a "six pack", heighten your cardio capacity or jump start into a new you the Three Week Intensive is all about fast results, infusing a new routine and creating easy to follow discipline.	Premier Trainer: \$168 Master Trainer: \$198
Six 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 SIX WEEK EXPRESS MELT mixes cardio and strength training into a circuit routine that will help you drop pounds, trim fat and lose inches...fast. Meet with a trainer 45-minutes two times a week.	Premier trainer: \$462 Master trainer: \$560
Complete Body Transformation	Not for the undisciplined – this program requires that you be available two days a week for 12 weeks with the expectation that you are doing your "homework" as assigned by your trainer, which will include at least another two days of intensive cardio training. These 24 sixty minute sessions will be sure to wow the crowd. Includes a nutrition makeover and supermarket tour!	Premier Trainer: \$1,108 Master Trainer: \$1,248