

WELLNESS/FITNESS CENTER

Personal Training

NEW!! Automatic EFT Program

*Now you can electronically debit your personal training .
Automatically deducted with your membership.
(6-month commitment required)*

| 1-on-1 Training Sessions | Per Month |
|----------------------------|------------------|
| 2x per week (max 100/year) | \$125 |
| 3x per week (max 150/year) | \$175 |
| 4x per week (max 200/year) | \$215 |
| Group Training Sessions | Per Month/Person |
| 2x per week (max 100/year) | \$115 |
| 3x per week (max 150/year) | \$150 |
| 4x per week (max 200/year) | \$180 |

| Pay As you Go Training | |
|---|-------------------|
| Group Training Sessions - for 2 clients | Per Session Price |
| Sessions 1-9 | \$50 |
| Sessions 10-19 | \$40 |
| Sessions 20-29 | \$34 |
| Sessions 30+ | \$24 |
| 1-on-1 Training Sessions | Per Session Price |
| Sessions 1-9 | \$30 |
| Sessions 10-19 | \$25 |
| Sessions 20-29 | \$20 |
| Sessions 30+ | \$15 |

| Individual Program Sessions | Per Session Price |
|------------------------------------|-------------------|
| Personal Fitness Assessment | \$30 |
| Nutrition Analysis | \$60 |
| Body Composition | \$10 |
| 12 Week Program Only (no sessions) | \$60 |

| 12-Week Program Development Packages | |
|---|-------|
| The Learn and Go: Includes 2 PFA's, 1 Program and 4 PT Sessions | \$200 |
| Reload your program by adding a new program, sessions or a PFA for only \$99. | |

Fitness Coordinator
Dan Kennedy CSCS
AM Fitness Specialist
Andrew Hudson CSCS,CPT
PM Fitness Specialist
Lynelle Snider ACE-CPT
Personal Trainer
Amber Morris ACE-CPT
Matt Stern ATC

(308) 865-7458

APPOINTMENT POLICY REQUIREMENTS

8 hour notice for cancellation of appointment.

10 minutes late is considered a missed appointment.

All appointments are pre-paid and no refunds or transfers are allowed.

Have fun and get ready to achieve your goals!