

# Fitness Training

We offer a personalized weight room workout by certified personal fitness trainers. Trainers develop the workout with regards to your fitness goals - be it body fat reduction, adding strength or overall fitness, then instruct you on machine based equipment or with free-weights, depending on your preference. Special attention is given to correct alignment while working out, thus developing good habits which ensure each workout is effective and injury-free



Maximize your workout starting now: Sign-up for a single or series of sessions today.

<b>Personal Fitness Training</b>	<b>\$ 35.00</b>	<b>A single, 1 hour session</b>
	<b>\$190.00</b>	<b>6-One hour sessions</b>
	<b>\$ 22.00</b>	<b>A single, 30 minute session</b>
	<b>\$116.00</b>	<b>6-30 minute sessions</b>
<b>Partner Fitness Training (2 people)</b>	<b>\$295.00</b>	<b>6-One hour sessions</b>
<b>Personalized Weight Room Orientation</b>	<b>\$ 35.00</b>	<b>A single, 1 hour session</b>