

PERSONAL TRAINING

MEMBER

30 MINUTE SESSIONS

- 1 Session = \$35
- 3 Sessions = \$100
- 5 Sessions = \$165
- 10 Sessions = \$330

1 HOUR SESSIONS

- 1 Session = \$50
- 3 Sessions = \$140
- 5 Sessions = \$230
- 10 Sessions = \$450

NON-MEMBER

30 MINUTE SESSIONS

- 1 Session = \$40
- 3 Sessions = \$105
- 5 Sessions = \$175
- 10 Sessions = \$350

1 HOUR SESSIONS

- 1 Session = \$55
- 3 Sessions = \$155
- 5 Sessions = \$250
- 10 Sessions = \$485

SMALL GROUP TRAINING

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$70
- 3 Sessions = \$200
- 5 Sessions = \$330
- 10 Sessions = \$670

Flat rate for the whole group.



- All personal training sessions can be completed in the pool with an aquatics personal trainer.
- Please visit the Front Desk and fill out the required form to request a personal trainer.
- Once your form is received, a personal trainer will get back to you with their availability. Please allow two weeks for someone to respond.
- Contact the Fitness Manager with any questions at regan@mtparkhoa.com