

PERSONAL TRAINING

MEMBER

30 MINUTE SESSIONS

- 1 Session = \$40
- 3 Sessions = \$111
- 5 Sessions = \$180
- 10 Sessions = \$350

1 HOUR SESSIONS

- 1 Session = \$55
- 3 Sessions = \$155
- 5 Sessions = \$255
- 10 Sessions = \$500

NON-MEMBER

30 MINUTE SESSIONS

- 1 Session = \$45
- 3 Sessions = \$126
- 5 Sessions = \$205
- 10 Sessions = \$400

1 HOUR SESSIONS

- 1 Session = \$60
- 3 Sessions = \$171
- 5 Sessions = \$280
- 10 Sessions = \$550

SMALL GROUP TRAINING

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$75
- 3 Sessions = \$216
- 5 Sessions = \$355
- 10 Sessions = \$700

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