



PERSONAL TRAINING

How Do I Get Started?

- 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 department with any questions at fitness@mtparkhoa.com



MEMBERS

30 MINUTE SESSIONS

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

1 HOUR SESSIONS

- 1 Session = \$60
- 3 Sessions = \$170
- 5 Sessions = \$280
- 10 Sessions = \$550

NON-MEMBERS

30 MINUTE SESSIONS

- 1 Session = \$50
- 3 Sessions = \$141
- 5 Sessions = \$230
- 10 Sessions = \$450

1 HOUR SESSIONS

- 1 Session = \$65
- 3 Sessions = \$186
- 5 Sessions = \$305
- 10 Sessions = \$600

SMALL GROUP TRAINING

MEMBER

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$80
- 3 Sessions = \$231
- 5 Sessions = \$380
- 10 Sessions = \$750

Flat rate for the whole group.

NON-MEMBER

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$90
- 3 Sessions = \$261
- 5 Sessions = \$430
- 10 Sessions = \$850

Flat rate for the whole group.