



MOUNTAIN PARK FITNESS

PERSONAL TRAINING

How Do I Get Started?

- Please visit the front desk and fill out the required forms to request a personal trainer.
- Once your forms are 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
- 5 Sessions = \$225
- 10 Sessions = \$450

1 HOUR SESSIONS

- 1 Session = \$60
- 5 Sessions = \$300
- 10 Sessions = \$600

NON-MEMBERS

30 MINUTE SESSIONS

- 1 Session = \$50
- 5 Sessions = \$250
- 10 Sessions = \$500

1 HOUR SESSIONS

- 1 Session = \$65
- 5 Sessions = \$325
- 10 Sessions = \$650

SMALL GROUP TRAINING

MEMBER

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$80
- 5 Sessions = \$400
- 10 Sessions = \$800

Flat rate for the whole group.

NON-MEMBER

1 HOUR SESSIONS WITH 2-4 PEOPLE

- 1 Session = \$90
- 5 Sessions = \$450
- 10 Sessions = \$900

Flat rate for the whole group.