



VALLEY ATHLETICS

PERSONAL TRAINING

Start your fitness journey with a **Free 60-minute Strategy Session**. A personal trainer will spend the first 30 minutes listening to your goals, fitness history, and possible barriers that have held you back in the past. Together, you will come up with a strategy to help you reach those goals. The last 30 minutes your trainer can run you through a sample of exercises based on your discussion, or they can take you through an equipment orientation. Call 920-560-0001 to schedule your appointment today!

Sessions (60 Minutes) <i>(trainer and client can break up the sessions into 30 minute segments if desired)</i>	Price Per Session	Total Cost
8	\$50	\$400
12	\$48	\$576
16	\$45	\$720

(24-Hour notice required for cancellation or session will be charged on account)

**If you would like to work out with a friend (or friends), see the small group training rates below.

SMALL GROUP TRAINING

(2-3 MEMBERS)

1X/WEEK

4 Sessions

\$140 each person

2X/WEEK

8 Sessions

\$240 each person

3X/WEEK

12 Sessions

\$300 each person

