



# Personal Training

## **INDIVIDUAL**

Work with a Certified Personal Trainer to meet your specific goals and needs.

- \$45/Fitness Assessment (75 min.) \*Required before other sessions\*
- \$40 per session (60 min.)
- \$110 per three sessions (180 min.)
- \$195 per six sessions (360 min.)

## **GROUP\***

Exercise with friends in a semi-private setting for more accountability and fun with the same specialized attention as an individual session. Note that group\* size is 2-4 people.

- \$36 Introductory session per person (75 min.) \*Required before other sessions\*
- \$33 per person, one session (60 min.)
- \$81 per person, three sessions (180 min.)
- \$150 per person, six sessions (360 min.)

## **FOR MORE INFORMATION CONTACT:**

ACCA and BECK: 303.739.6891

CENTRAL and MOORHEAD: 720.859.4989

SOUTHEAST: 720.859.4943

