

# PERSONAL TRAINING



## EXPERIENCE SUCCESS WITH PERSONAL TRAINING!

ENHANCE WORKOUTS WITH ONE OF OUR QUALIFIED PERSONAL TRAINERS; MAXIMIZE THE BENEFITS OF YOUR WORKOUT TIME; AND/OR GET THE EDGE ON THE COMPETITION. HAVE ONE OF OUR TRAINERS...

**\*REVIEW YOUR EXISTING PROGRAM.**

**\*DESIGN A SPORTS-SPECIFIC PROGRAM TO ENHANCE YOUR GOLF OR TENNIS GAME**

**\*LEAD YOU THROUGH AN EXERCISE PROGRAM DESIGNED SPECIFICALLY FOR YOU.**

**\*PROVIDE GUIDANCE, ENCOURAGEMENT, TECHNICAL SUPPORT & MOTIVATION.**

**YOUR SESSION:** OUR TRAINERS ARE AVAILABLE TO PROVIDE YOU WITH THE INFORMATION AND GUIDANCE TO MAKE EACH OF YOUR WORKOUTS WORK FOR YOU! THEY ARE HERE TO HELP DESIGN AND IMPLEMENT VARIOUS INDIVIDUALIZED PROGRAMS RANGING FROM FLEXIBILITY, CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGTH & ENDURANCE, SPORTS-SPECIFIC AND WEIGHT MANAGEMENT.

<u>FEES:</u>	<u>SINGLE SESSION</u>	<u>FIVE SESSION</u>	<u>TEN SESSION</u>
	<b>WITH CHARLES DOBBINS:</b>		
30 MINUTE	\$45	\$200	\$370
1 HOUR	\$70	\$325	\$600
	<b>WITH SEAN ROBBINS:</b>		
30 MINUTE	\$50	\$225	\$400
1 HOUR	\$75	\$350	\$650

**ABSENCES: WE REQUIRE A THREE (3) HOUR CANCELLATION NOTICE OR YOUR ACCOUNT WILL BE CHARGED.**

**\*\*ALL PACKAGES MUST BE USED WITHIN THREE MONTHS FROM THE DATE OF PURCHASE\*\***