



Stronger Together

Expert guidance to help you reach your fitness goals!

MEET OUR TRAINERS!

Diana Hernandez Garcia

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Caitlin Bowers

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PERSONAL TRAINING

Follow these steps to experience the benefits of working 1:1 with a trainer!

- 1 Select and register for a training program.
- 2 Work 1:1 with a trainer on a program designed for you!
- 3 Reach your goals!



SMALL GROUP TRAINING

- Small Group offers motivation, community and accountability
- Groups range from 2-4 people
- You can sign up as a group or we can place you in a group!



Monday	Tuesday	Wednesday	Friday
5:30 a.m. 12:00 p.m.	5:30 p.m.	5:30 a.m. 12:00 p.m.	5:30 p.m.

PRICING

Personal Training Prices

1 Hour	1 Session	5 Sessions	10 Sessions	15 Sessions
Adult Member	\$45	\$210	\$375	\$440
Youth Member	\$30	\$130	\$220	\$300
ForeverWell Member	\$35	\$160	\$330	\$390

Small Group Training Prices

Basic Small Group Training (1x/week)	Standard Small Group Training (2x/week)	Premium Small Group Training (3x/week)
\$80/month	\$150/month	\$220/month