



# Stronger Together

Expert guidance to help you reach your fitness goals!

## MEET OUR TRAINERS!

**Diana Hernandez Garcia**

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**Angie Decker**

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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