



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN CONFIDENCE

Our personal trainers will help you reach your fitness goals!

Angie Decker

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PERSONAL TRAINING

EXPERIENCE THE BENEFITS OF WORKING 1:1 WITH A TRAINER

- Personalized workouts
- Motivating relationships
- Personal accountability
- Track and respond to your progress



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!

TRAINING PROGRAMS

	1 Hour	1 Session	5 Sessions	10 Sessions	15 Sessions
Adult Member		\$45	\$210	\$375	\$440
Youth Member		\$30	\$130	\$220	\$300
65+ Member		\$35	\$180	\$330	\$390

Group Training Rate: \$25/person/session (2-5 people per group)