



**PERSONAL TRAINING**  
WORKING WITH YOU TO GET  
THE RESULTS YOU WANT!

**Get results from every direction!** Exceed your personal fitness and wellness goals with the guidance of our Personal Trainers. When it comes to your health you deserve to work with the best! Each of our Personal Trainers have mastered the industry's most comprehensive fitness education programs and are driven to help you achieve life-changing results!

**Services Available**

- Weight Loss/Gain
- Balance Training
- Strength Training
- Cardio Conditioning
- Written Exercise Plans
- Overcoming Plateaus
- Group Training
- Post Physical Therapy
- Orthopedic Recovery
- Low Back Conditioning

**One-on-One Training Rates**

**Half-Hour Sessions**

1 session .....	\$40/session
8 pack .....	\$240 (\$30/session)
16 pack .....	\$400 (\$25/session)

**One-Hour Sessions**

1 session .....	\$70/session
8 pack .....	\$360 (\$45/session)
16 pack .....	\$640 (\$40/session)

**Group Training Rates**

**Two-on-One Half Hour Sessions**

1 session .....	\$20/person/session
8 pack .....	\$150 (\$18.75/person/session)
16 pack .....	\$280 (\$17.50/person/session)

**Two-on-One One-Hour Sessions**

1 session .....	\$35/person/session
8 pack .....	\$260 (\$32.50/person/session)
16 pack .....	\$480 (\$30/person/session)

**Groups of Three/Four Half-Hour Sessions**

1 session .....	\$12.50/person/session
8 pack .....	\$90 (\$11.25/person/session)
16 pack .....	\$160 (\$10/person/session)

**Groups of Three/Four One-Hour Sessions**

1 session .....	\$25/person/session
8 pack .....	\$180 (\$22.50/person/session)
16 pack .....	\$320 (\$20/person/session)

\*\*All sessions expire in one year and are nonrefundable and nontransferable.

**Location**

Bond Community Center  
1201 Park Ave., Oconto | 920.834.5585