

PERSONAL TRAINING

More expertise • More motivation • More accountability

Committed to your success, our team of trainers will challenge, motivate and inspire you to be the best you can be. By working with a trainer, you can expect **great** workouts **every** session based on your goals – weight loss, post-therapy & injury prevention, flexibility, strength, athletic conditioning – our team is ready to get you started today. *Get more with Personal Training!*

New Client Opportunities

Introductory Package Rate: Six (6), 30-Minute Sessions...\$99

One-hour Consultation (Metabolic, Nutrition & Fitness Evaluation)...\$49

Private Sessions

60 minute sessions

	Member	Nonmember
1 session	\$50	\$65
6 sessions	\$255	\$333
12 sessions	\$450	\$585
24 sessions	\$840	\$1092

30 minute sessions

	Member	Nonmember
1 session	\$30	\$39
6 sessions	\$153	\$199
12 sessions	\$270	\$351
24 sessions	\$504	\$655

Buddy Sessions 2 people - Prices based per person.

60 minute sessions

	Member	Nonmember
1 session	\$28	\$36
6 sessions	\$157	\$204
12 sessions	\$268	\$348

30 minute sessions

	Member	Nonmember
6 sessions	\$96	\$125
12 sessions	\$162	\$210

All training packages must be purchased prior to starting. Payments are made at the Service Desk.

*All LifeWorks training packages **expire six (6) months from date of purchase** and are not refundable for cash or transferable for other services. A 24-hour cancellation notice is required. A client who fails to show or cancel an appointment within this time frame will be charged. Only one Introductory package rate per person.*

For more information or to get started, please contact Leigh Cavalli, Personal Training Coordinator, at (440) 816-4207 or lcavalli@swgeneral.com.

