



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING PACKAGES

SINGLE PACKAGES:

- 1 TRAINING SESSION- \$35
- 4 TRAINING SESSIONS- \$130
- 6 TRAINING SESSIONS- \$168
- 8 TRAINING SESSIONS- \$200

2-PERSON PACKAGES:

- 1 TRAINING SESSION- \$50 (\$25 PER PERSON)
- 4 TRAINING SESSIONS- \$180 (\$90 PP)
- 6 TRAINING SESSIONS- \$240 (\$120 PP)
- 8 TRAINING SESSIONS- \$280 (\$140 PP)

3-PERSON PACKAGES:

- 4 TRAINING SESSIONS- \$180 (\$60 PER PERSON)
- 6 TRAINING SESSIONS- \$216 (\$72 PP)
- 8 TRAINING SESSIONS- \$240 (\$80 PP)

Contact Eric Chappell to schedule your personal training sessions with one of our 5 personal trainers.

Trainers: Eric Chappell, Tim Wall, Todd Baker, Lauren Wilson, and Brandy Mason