

PERSONAL TRAINING



We are here to help you achieve your goals.

BENEFITS OF PERSONAL TRAINING INCLUDE:

- Improved muscle and bone strength
- Increased endurance and flexibility
- Assistance with weight loss
- Improvements in balance and agility
- Better sports performance
- Confidence

Customized programs are developed to meet your unique fitness goals and keep you accountable and on track!

Personal Training Team

- Spencer Brazalovich, *Certified Personal Trainer*
- Alonzo Holder, *Certified Personal Trainer*
- Liz Santa, *Certified Personal Trainer*
- Pete Untiet, *NETA PT, Martial Arts Black Belt, Tai Chi*

Personal Training Rates:

Six 30-minute sessions.....	\$285 (\$47.50 per session)
Six 45-minute sessions.....	\$330 (\$55 per session)
Six 60-minute sessions.....	\$465 (\$77.50 per session)
Twelve 30-minute sessions.....	\$540 (\$45 per session)
Twelve 45-minute sessions.....	\$636 (\$53 per session)

Partner Training Rates:

Six 30-minute sessions.....	\$180 (\$30 per person per session)
Six 45-minute sessions.....	\$240 (\$40 per person per session)

Small Group Training (3 or more people)

\$30 single session rate	
Eight 45-minute sessions.....	\$200 (\$25 per person per session)

Holistic Health Options: Health & Life Coaching

Virtual and In-Person Sessions available.
Please call 860-231-6333 for more information or to schedule an appointment.



For More Information:

Call 860-714-4414 or stop in to our Fitness Center to speak with fitness staff.