

Personal Training at The Gym, Inc.

Drake, Carla, & Rex

Certified Personal Trainers



Drake



Carla



Rex

New Member Assessment/training:

All new members have the opportunity to spend an hour with our personal trainer. During this assessment the trainer will help identify your goals and will give some recommendations for improvements you can make.

Pricing:

Personal Training—One-on-One

Introductory offer—for first time clients (may be purchased one time only)
Three Sessions for \$120.00

Five Sessions—Five Sessions for \$250.00
+ Get 1 Free InBody-570 Body Composition Analysis

Ten Sessions—Ten Sessions for \$500.00
+ Get 1 Sessions Free
+ Get 2 Free InBody-570 Body Composition Analysis

Twenty Sessions—Twenty Sessions for \$1000.00
+ Get 4 Sessions Free
+ Get 3 Free InBody-570 Body Composition Analysis

Couples & larger group training available, see staff for details

Initial Consultations are always free of charge.
Typical consultation lasts 30 minutes (no training with consult.)
Sessions are typically 45 mins to 1 hour in length

Call: The Gym, Inc. for scheduling at 753-5600

