



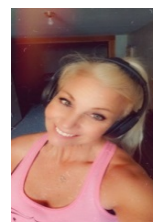
## Personal Training at The Gym, Inc.

### Carla, Craig & Rex

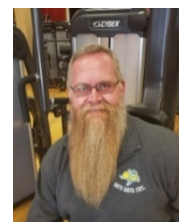
*Certified Personal Trainers*



Craig



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