



FOUR SEASONS PERSONAL TRAINING PACKAGES

Custom designed, progressive one-on-one training sessions with continued support and motivation for maximum results. Improve Strength, balance and mobility with body weight, bands, free-weights and Four Seasons Fitness Equipment.

30 MINUTE TRAINING SESSIONS

- 5- 30 minute Personal Training Sessions \$325**
- 10- 30 minute Personal Training Sessions \$450**

45 MINUTE TRAINING SESSIONS

- 10- 45 minute Personal Training Sessions \$650**
- 5- 45 minute Personal Training Sessions \$350**

BEGINNER TRAINING/ INTRO TO GYM \$325

- 4- One-on-One Training Sessions (45 minutes)**

**Focus on Safe and Proper Operation of All Four Seasons Fitness Equipment,
Form and Etiquette.**

SINGLE SESSION PRICING

- 1- 45 minute Personal Training Session \$75**
- 1- 30 minute Personal Training Session \$50**
- 1- 1 hour Personal Training Session \$85**

**WE ACCEPT CASH, CHECK, DEBT/CREDIT CARD, ZELLE OR VENMO
PACKAGES ARE TRANSFERRABLE, EXPIRE AFTER 3 MONTHS. NO CASH REFUNDS. PLEASE
CANCEL ANY APPOINTMENTS 24 HOURS IN ADVANCE OR CHARGED FOR THAT SESSION**