

YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.

Personal Training is available to members of all ages. This gives you an opportunity to work with a certified trainer one on one to help you reach your Fitness and Nutrition goals. You may purchase one hour at a time or a package. After you purchase 30 sessions you will be a part of our Silver Training Club, and after you purchase 60 sessions you are in our Gold Training Club!

Personal Training Packages

- I. **Jump Start** (One-time purchase only) - 3 Training Sessions = \$85.00
[A \$105.00 Value]
- II. **Starter Kit** - 6 Training Sessions, 1 (Full-hour) Nutrition session, and 4 half-hour nutrition sessions = \$310.00 [A \$350.00 value]
- III. **5 Sessions** - \$160.00 [A \$175.00 Value]
- IV. **10 Sessions** - \$310.00 [A \$350.00 Value]

Silver Training Club—If you are a continuing user of our Personal training program and have purchased at least 30 sessions you will be considered a Silver member! After your 30th session we will be giving you \$5.00 discounts on the purchase of the 10 session package. For example, 10 sessions will cost you only \$300.

Gold Training Club—If you are a continuing user of our personal trainer program and have purchased 60 sessions you will be considered a Gold Member. After your 60th session we will give you a \$10 discount on the purchase of the 10 session package.. For example, 10 sessions will cost you only \$250.00

Group Training Sessions—We are introducing a new realm to our personal training service! Now you and a friend can workout together with a trainer. It will cost you only \$25.00 per person for one training session. Group Sessions cannot be purchased as packages.

Nutritional Counseling

- I. **Fitness Evaluation** - \$25.00 (Cardio respiratory, body fat, muscle strength and endurance, and flexibility testing)
- II. **Body Fat Consultation** - \$5.00
- III. **Initial Session (1-hour)** - \$40.00 for members
\$60.00 for non-members
- IV. **Maintenance Session (1/2 hour)** - \$30.00 for members
\$50.00 for non-members
- V. **5 Maintenance Sessions** - \$110.00 for members [A \$150.00 value]
\$210.00 for non-members [A \$250.00 value]



Mission Statement: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Visit our Website: www.ragsdaleymca.org; Phone: 336-882-9622