



MENTOR COMMUNITY RECREATION CENTER

PERSONAL TRAINING

Do you want to improve your **STRENGTH, MOBILITY, and/or BODY COMPOSITION?**

Our **CERTIFIED PERSONAL TRAINERS** strive to help you reach your **GOALS** and maintain your **RESULTS!**

One-hour **INDIVIDUAL** personal training packages

1-pack	\$50 Member	\$60 Nonmember
4-pack	\$190 Member	\$228 Nonmember
8-pack	\$360 Member	\$432 Nonmember
12-pack	\$510 Member	\$612 Nonmember

One-hour **GROUP** personal training packages

1-pack	\$28 Member	\$34 Nonmember (per person)
4-pack	\$108 Member	\$130 Nonmember (per person)
8-pack	\$200 Member	\$240 Nonmember (per person)
12-pack	\$288 Member	\$346 Nonmember (per person)

Participant Name(s): _____ Date: _____

Phone Number: _____ Email: _____

Goals: _____

Special Accommodations: _____

Participant Availability: _____

*Cancellations must have 24-hour notice, or you will be charged for session.
All sales are final and must be used in one year from purchase date. Maximum 2 people in a group.*