



## 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): \_\_\_\_\_

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.*

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