



Fitness Center Member Services & Prices

Personal Training \$40.00/person

One-on-one individualized training with a trainer who will develop an individualized and safe program designed to help you meet your fitness and health goals.

Tandem Training \$24.00/person

Tandem training is a form of personal training including two individuals with one trainer.

Group Training (3+) \$18.00/person

Make your exercise a social experience by working out with friends. Trainers will develop a program that will be fun and help all participants meet their fitness and health goals.

Fitness Consultation \$60.00/person

Meet with a trainer to have an individualized program developed.
All programs are reviewed by the Fitness Director.

Personal Training Packages:

10 Training Sessions \$340
20 Training Sessions \$665

Massage Therapy

1/2 hour \$35
1 hour \$55
1 1/2 hour \$75

Five 1 hour massage sessions \$250.00

Our highly trained and talented Massage Therapists are on call six days a week to accommodate your needs. Whether its relaxing, deep tissue or injury massage you are seeking, we can help.