

# PERSONAL TRAINING

Create a personal fitness plan with our certified personal trainers!

## Individual Personal Training Packages:

Individual hour members.....	\$40
Individual hour non-members.....	\$60
Individual half hour members.....	\$20
Individual half hour non-members.....	\$30

## Small Group Training Packages (2-5 people):

Small group hour members.....	\$20
Small group hour non-members.....	\$30
Small group half hour member.....	\$10
Small group half hour non-member.....	\$15

*Discounts available for sessions purchased in bundles of four.*

For more information or to set up a personal training session, visit the fitness desk.



**Fieldhouse**  
BLUE SPRINGS

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