



PERSONAL TRAINING SERVICES

Working with a personal trainer is a great way to improve your workout and get better results. The Arena District Athletic Club offers both one-on-one and group personal training sessions.

Training with a group is an affordable way to take advantage of the benefits of working with a personal trainer with packages starting as low as \$20.41 per session.

Private Individual Training*

Sessions	30 min	45 min	60 min
1 Session	\$42.00	\$52.00	\$62.00
3 Sessions	\$119.00	\$139.00	\$159.00
6 Sessions	\$199.00	\$249.00	\$299.00
12 Sessions	\$359.00	\$449.00	\$539.00

Group Training for 2 to 4 People*

Sessions	30 min	45 min	60 min
1 Session	\$31.00	\$36.00	\$42.00
3 Sessions	\$88.00	\$99.00	\$118.00
6 Sessions	\$148.00	\$178.00	\$208.00
12 Sessions	\$258.00	\$318.00	\$378.00

Program Design

Initial consultation, personal workout design and training session \$65.00

* All prices for training are per person. Prices subject to change. Packages must be used within 3 months from date of purchase.

To schedule an appointment stop by the front desk or contact one of our Certified Personal Trainers:

Jennifer Alexander, ACE CPFT
jennifer@arenaathletic.com or 323.4338

Velma E. Garnes M.S., NASM-PES, CPT
velma@arenaathletic.com or 563.2465

Charles Gibson, AFAA-CPT
gibby@arenaathletic.com or 361.9618

Amy Kasler, NSCA-CSCS
amy@arenaathletic.com or 570.8344

Lara Kahn, ACSM-CPT
lara@arenaathletic.com or 578.9920

Cassie Winters, NSCA-CSCS
cassie@arenaathletic.com or 614-581-4716

Aron Lyman, NSCA, ACE CPT
alayman@arenaathletic.com or 226.4040

ALL Appointments Require a 24 Hour Cancellation Notice.

Club Hours: Monday – Friday 5:30 a.m. to 10:00 p.m. Saturday & Sunday 9:00 a.m. to 5:00 p.m.

325 John H. McConnell Blvd • Suite 150 • Columbus, Ohio • 43215
614.461.7785 • www.ArenaAthletic.com