



PERSONAL TRAINING SERVICES



Charles Gibson CPT

Charles is a Certified Personal Fitness Trainer and Group Exercise Instructor through the Aerobics and Fitness Association of America and the International Sports Conditioning Association. He has been in the fitness industry for over 9 years. Charles learned from the best; he developed a passion for fitness while in the Marine Corps Reserve.

Charles has trained clients ranging from 8-90 years young with a wide range of ability and limitations. Charles has completed various road races, and one half marathon. He also enjoys boxing, kickboxing and yoga to stay fit. Away from the gym he enjoys going to the movies at the Arena Grand with his wife and friends, sudoku puzzles and lounging in his leather recliner.

Charles training style will challenge you to reach your goals and empower you to exceed your own personal expectations. Workouts are like a box of chocolates.

Private Training individual personal training

1 Session:	½ hour / \$40	1 hour / \$60
3 Sessions:	½ hour / \$115	1 hour / \$155
6 Sessions:	½ hour / \$195	1 hour / \$290
12 Sessions:	½ hour / \$350	1 hour / \$530

Group Training groups from 2-4 can workout together

1 Session	½ hour / \$30	1 hour / \$40
3 Sessions	½ hour / \$85	1 hour / \$115
6 Sessions	½ hour / \$145	1 hour / \$205
12 Sessions	½ hour / \$255	1 hour / \$375

Program Design

Initial consultation, personal workout design and training session: \$60

To start your personal

training services contact:

Charles Gibson

614-361-9618

gibby@arenaathletic.com

All prices are per person. Prices subject to change. Packages must be used within 3 months from date of purchase. All appointments require a 24 hour cancellation notice.

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