

Arena District **A** Athletic Club

PERSONAL TRAINING PRIVATE YOGA PRACTICE

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 \$24.00 per session.

Private Individual Training*		
Sessions	30 min	60 min
1 Sessions	\$45	\$70
3 Sessions	\$129	\$179
6 Sessions	\$219	\$319
12 Sessions	\$389	\$579

Group Training for 2 to 4*		
Sessions	30 min	60 min
1 Sessions	\$35	\$45
3 Sessions	\$99	\$129
6 Sessions	\$169	\$229
12 Sessions	\$289	\$419

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

Terms of Service

- All prices for training are per person. Prices subject to change.
- Packages must be used within 3 months from date of purchase
- All session can be scheduled directly with the consultant
- All appointments require 24 hour cancellation notice otherwise you will be charged for services
- Package pricing subject to Trainer availability.