

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.

Private Training *

Individual personal training.

1 Session \$ 30 minute 45.00

Group Training *

Groups from 2-4 can workout together.

1 Session \$ 30 minute 35.00 per person

To schedule an appointment with one of our Certified Personal Trainers complete the “Success Request” form and drop it off at the front desk .

For a list of our Personal Trainers and their bios visit our website at www.ArenaAthletic.com and select “Services”.

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
- Pricing may vary per Trainer and is subject to availability.