

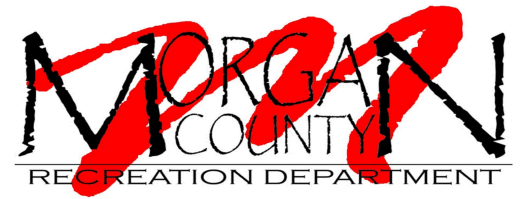
Personal Training

Erin Spinks

Iron Sharpens Iron Fitness

Jacquelyn Whetzel

Healthy Chick * Fit4Living



706.342.0588

Training Sessions
by appointment only

Personal Training

Personal Training involves designing a workout plan to suit your individual needs. Your Personal Coach will assist you in attaining the goals you set for yourself, based on your Fitness Assessment. Half hour and one hour sessions available.

INTRODUCTORY PACKAGE

Individual Session	\$69.00
Partner Training	\$119.00

Introductory Package includes:

- *Comprehensive Fitness Assessment
- (3) Half Hour Personal Training sessions

ONE HOUR SESSIONS

Per Session	\$30.00
Four Session Package	\$99.00
Eight Session Package	\$190.00

HALF HOUR SESSIONS

Per Session	\$20.00
Four Session Package	\$75.00
Eight Session Package	\$130.00

*The Introductory Package is required for all new Personal Training Clients.

Contact **Morgan County Parks Recreation Department** for more information.

Nutrition Consultations

and Partner Training Available