

## Personal Training Rates

This is for individuals who want or need a one on one environment due to specific goals, limitations or injuries. The entire program is tailored precisely to you by our Certified Personal Trainers.

<u>Type</u>	<u>Price Per Session</u>	<u>Package Rate</u>
(1) 30 Minute Session	\$37	\$37
(5) 30 Minute Sessions	\$35	\$175
(10) 30 Minute Sessions	\$32	\$320
(20) 30 Minute Sessions	\$29	\$580
(25) 30 Minute Sessions	\$29	\$725
(1) Hour Session	\$60	\$60
(5) Hour Sessions	\$57	\$285
(10) Hour Sessions	\$52	\$520
(20) Hour Sessions	\$47	\$940
(25) Hour Sessions	\$47	\$1,175

**GET FIT! HAVE FUN! LOVE LIFE!**

## Partner Personal Training Rates

Partner Personal Training (2 people)

(Contact for pricing on groups of 3 or more)

<u>Type</u>	<u>Price Per Session/ Per Person</u>	<u>Rate</u>
(1) Hour Session	\$35	\$70
(5) Hour Sessions	\$34	\$340
(10) Hour Sessions	\$33	\$660
(20) Hour Sessions	\$32	\$1,280
(25) Hour Sessions	\$32	\$1,600

<u>Type</u>	<u>Rate</u>
(1) Body Comp Testing (includes body fat %, RMR & circumference measurements)	\$35
(1) Body Comp Testing Non-Member (includes body fat %, RMR & circumference measurements)	\$45

If you have any questions or need to schedule your appointment please contact Fitness Director Morgan Fewel (509) 943-8416 or [morganfewel@my-cbrc.com](mailto:morganfewel@my-cbrc.com)