

# Energy Center

## Personal Training



437-Club(2582)  
407 S 8<sup>th</sup> Street, Mount Horeb

### Training Options

	Non-Members	Members
Initial Training Consultation	\$65	\$60
Group Training Consultation	\$45/person	\$40/person
Body Composition Analysis	\$25	\$20
1-Hour Personal Training	\$55	\$50
4-Hours Personal Training	\$210	\$190
8-Hours Personal Training	\$405	\$368
12-Hours Personal Training	\$580	\$528
18-Hours Personal Training	\$812	\$740
24-Hours Personal Training	\$1,005	\$925
1-Hour Group Training	\$35/person	\$30/person
4-Hours Group Training	\$134/person	\$115/person
8-Hours Group Training	\$255/person	\$220/person
12-Hours Group Training	\$370/person	\$317/person

Cancellations within less than 24 hours notice will result in a charge of 50% of the session fee.

### PERSONAL TRAINING OPTIONS

#### Initial Training Consultation:

This session is a time for our trainers to get to know you. We will review your health history, current workout habits and preferences, as well as your fitness goals. Our trainers will design your personalized program and set up a time to introduce you to your program. Clients should plan on this consultation being done in two separate sessions. **We ask that anyone working with a personal trainer at Energy Center Fitness Club go through an initial training consultation.**

#### Personal Training Session:

After your trainer has set up your program, you may prefer to have that trainer continue to work with you on a regular basis. Two sessions per week are recommended. Your trainer will make sure exercises are done properly and you are comfortable with your program to maximize results. Sessions may be purchased individually or at a quantity discounted rate.

#### Group Training:

Group fitness is a great way to get motivated, stay motivated, and have fun with friends or loved ones. Our trainers will work with your group (up to three people total) to design and implement a program to meet your needs and keep you moving. Groups interested in personal training will also need to go through an initial consultation prior to first training session.

#### Body Composition:

If you are looking for a more in-depth knowledge of your body, meet with one of our personal trainers for a body composition analysis. Trainers will take a variety of measurements and review your body composition with you. This may be purchased separate of personal training and does not require an initial consultation.

**Get more out of your workout. Step it up with one of our Personal Trainers!**