



PERSONAL TRAINING SERVICES

ADULT INDIVIDUALS

One 60 Min Session:
\$50 for Members
\$70 for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$185 for Members
\$200 for Non-Members

YOUTH INDIVIDUALS

One 60 Min Session:
\$40 for Members
\$55 for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$155 for Members
\$170 for Non-Members

ADULT DUO

One 60 Min Session:
\$35/person for Members
\$45/person for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$110/person for Members
\$120/person for Non-Members

YOUTH DUO

One 60 Min Session:
\$30/person for Members
\$40/person for Non-Members

**Ten 30 Min or
Five 60 Min Sessions:**
\$90/person for Members
\$105/person for Non-Members

BENEFITS OF PERSONAL TRAINING

- ◆ SET REALISTIC GOALS
- ◆ PERSONALIZED PROGRAM
- ◆ CONSISTENT MOTIVATION
- ◆ KEEPS YOU ACCOUNTABLE
- ◆ ADVOCATES HEALTHY CHOICES
- ◆ TEACHES LIFESTYLE BEHAVIORS

OUR PERSONAL TRAINERS

- ◆ TONY ATLAS
- ◆ KRISTI PARKER
- ◆ KIMBRE VARNEY
- ◆ MCCARTNEY LEVASSEUR
- ◆ STEPHAN SAMBA
- ◆ DARLENE WEBBER

Please note that all personal training sessions expire one (1) year following initial purchase.

OUR THREE LOCATIONS:

Y @ Turner St 62 Turner Street, Auburn
Y @ CMMC 12 High Street, Lewiston
Y @ Health Club + Spa 1977 S. Lisbon Road, Lewiston

FOR MORE INFORMATION CONTACT:

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