

# Personal Training

What is a personal trainer? A personal trainer is a certified exercise specialist whose job is to assess your fitness level, set up a program specifically for you, and motivate you to meet your fitness goals.

## A trainer provides:

- guidance on reaching your goals
- a reason to show up at the gym each week
- education about strength training, cardio and basic nutrition
- accountability
- ways to track progress

Sessions can be in small groups, with a partner or individual. Sessions can be 30 minutes or 1 hour in length. Packages are available. The first session is designed to assess your fitness level, get baseline body measurements, and define your exercise and health history goals. The initial consultation/fitness assessment is free with a purchased package. Call us at 715-294-2164 or see Member Services to set up your sessions today!

Individual Package	Fees	Per Session
30 min. 1 session	\$30	\$30
30 min/ 6 sessions	\$150	\$25
60 min/ 1 sessions	\$50	\$50
60 min/ 6 session	\$250	\$41.67

## Partner Packages (2 people)

30 min. 1 session	\$25 per person
30 min/ 6 sessions	\$125 per person
60 min/ 1 session	\$40 per person
60 min/ 6 session	\$200 per person

## Group Packages (3-4 people)

30 min. 1 session	\$20 per person
30 min/ 6 sessions	\$100 per person
60 min/ 1 session	\$30 per person
60 min/ 6 session	\$150 per person

**Non-Member Minor Initial Consult \$25 + \$8 day pass**

- Are you ready to:
- Lose weight?
  - Tone up?
  - Get in shape?

*Wild River*  
**FITNESS**

