



Personal Training Programs

All of our personal trainers are highly skilled professionals with at least one nationally recognized personal training certification. Some trainers have additional experience to include certifications and/or specialized training and education in a particular specialty.

Our trainers specialize but are not limited to the following areas:

- Sport specific training
- Circuit training
- Core training
- Balance training
- Pre/Post Natal
- TRX Suspension training
- Aquatic training
- Kettlebells
- Special populations
- Marathon/Triathlon training

New Member Starter Pack

Five 30-minute sessions \$150

*Note that the New Member Starter Pack is limited to a one time purchase. Additional hours can be purchased using the prices listed below.

We have a Special offer for new members or existing members starting up with personal training. Meet with your personal trainer to set up a comprehensive entry level personal fitness program. Receive a customized program that includes strength training exercises, cardiovascular prescription and a stretching routine.

Personal Training Pricing

60-Minutes	Member	Non-member*	30-Minutes	Member	Non-member*
1 session	\$65	\$75	3 sessions	\$107	\$137
3 sessions	\$179	\$209	5 sessions	\$173	\$223
5 sessions	\$289	\$339	10 sessions	\$335	\$435
10 sessions	\$559	\$659			



Personal Training Rewards Program

This program is for our valued customers that utilize personal training services on a regular basis. Every Quarter clients are eligible to receive coupons based on the number of training sessions they complete within the quarter.

Master	30-40 sessions	25%
Pro	21-29 sessions	20%
Rookie	15-20 sessions	15%

We also offer 1:2 and 1:3 Group Personal Training sessions as well as Small Group Training Classes. Please see a Fitness Specialist for more information. If you are interested in signing up for training please submit a Personal Training Interest Form.

FOR MORE INFORMATION

Stop by the Member Services desk or call 856-291-8800.

mor.virtuafitness.org