



# Personal Training

Discover the athlete within you!

**Personal Training is the single best way to overcome your body's internal objections to running the extra mile, losing the extra pound, or simply being better, stronger, faster than it instinctively wants to be.**

Our team will motivate and inspire you to train like the athlete you are! Worcester Fitness personal trainers incorporate all aspects of fitness and health into each clients program.

Nutrition, work schedule, health history, and fitness dreams...we put it all together and create a powerful coach/athlete relationship.

We'll show you what you REALLY can do!

Get in shape and stay that way with personal training.



## 1 Hour Sessions

### Member Clients

- Intro Package \$169\*
- Single Session \$80
- 5 Sessions \$395
- 12 Sessions \$900
- 24 Sessions \$1728
- 48 Sessions \$3120

### Couple Training

- Single Session \$115
- 5 Sessions \$540
- 12 Sessions \$1253
- 24 Sessions \$2357
- 48 Sessions \$4560

### Guest Clients

- Single Session \$100
- 5 Sessions \$495
- 12 Sessions \$1140
- 24 Sessions \$2160
- 48 Sessions \$4080

## 1/2 Hour Sessions

### Member Clients

- Intro Package \$180\*
- Single Session \$45
- 10 Sessions \$445
- 24 Sessions \$1015
- 48 Sessions \$1944

### Couple Training

- Single Session \$165
- 10 Sessions \$610
- 24 Sessions \$1404

### Guest Clients

- Single Session \$55
- 10 Sessions \$545

**Team Training for 3-5 clients available.**

**\*Intro packages for first time clients only.**