



Experience an exceptional level of expertise, service, and results with a **MASTER TRAINER**

Our MASTER Trainers are seasoned leaders who have distinguished themselves with a premier level of education, experience, and proficiency. The MASTER Trainers have acquired advanced training in functional anatomy, movement assessments, and integrated program design. Their training methodology is distinct and focuses on achieving the workout to assure optimal results, whether it be weight loss, toning, or increase muscle size and strength. Your MASTER Trainer will create an integrated program designed to restore normal muscle function for optimal performance in sports, life and play, by utilizing a scientific method of exercise sequencing to achieve maximum results. These sessions can help alleviate discomfort associated with improper posture such as tension, tightness, and stiffness in the neck, back, shoulders, joints, and muscles. Our MASTER Trainers will restore optimal physiological function for peak performance. You will feel better and move with greater ease after the very first session.

SESSIONS	MEMBER	NON-MEMBER	Two Train for Less
1 Session	\$74* Each Session	\$84* Each Session	Sign up to train with a partner/another person and you will each save \$10.00 per session. Call for more details.
5 Sessions	\$64* Each Session	\$74* Each Session	
10 Sessions	\$59* Each Session	\$69* Each Session	
20 Sessions	\$54* Each Session	\$64* Each Session	

ALL TRAINING SESSIONS MUST BE USED WITHIN 90 DAYS OF PURCHASE

Cancellations for training must be given 24 hours in advance or will be charged

For more information contact our General Manager and Fitness Director, Joe Pedatella

Spa 23

Health & Racquet Club

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