



RESULTS

PERSONAL TRAINING

The Spa 23 **Results Personal Training Program** is designed to offer each individual an optimal workout with maximum focus and guidance. Your Personal Trainer will first assess your health and fitness profile. Then, together with your trainer, you will outline your short and long term personal fitness goals. Each training session will then focus on achieving those goals. Your Personal Trainer will lead you through your program to insure that you get the results you want safely and effectively. Each training session is approximately 1 hour. For maximum results it's **Results Personal Training**.

SESSIONS

1 Session

5 Sessions

10 Sessions

20 Sessions

MEMBER

\$64* Each Session

\$54* Each Session

\$49* Each Session

\$44* Each Session

NON-MEMBER

\$74* Each Session

\$64* Each Session

\$59* Each Session

\$54* Each Session

Two Train for Less

Sign up to train with a partner/another person and you will each save \$10.00 per session. Call for more details.

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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Effective: 04-07-08