

Personal Training / Kinesis COMBO



Personal Training

One hour of individualized training to take your fitness to the next level. Maximize your training potential and get one step closer to your goals with personal training.

Kinesis

Kinesis will challenge you like never before at an intensity level that meets you where you are and reveals where you could be.



Optimize your fitness with Personal Training & Kinesis and you will see and love your results.

**Savings of
\$60**

10 Total Sessions - \$400

(5 Personal Training + 5 Kinesis)

*Pro Trainer - Add \$10 per session

*Master Trainer - Add \$20 per session

*Non-Member - Add \$10 per session

For more information contact
Fitness Director, Craig Catanese

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