



# SENIOR PERSONAL TRAINING

SPECIFICALLY DESIGNED FOR THE SENIOR POPULATION. WORK WITH ONE OF OUR HIGHLY SKILLED TRAINERS FOR A SAFE AND EFFECTIVE 30 MINUTE PERSONALIZED WORKOUT.

<b>SESSIONS</b>	<b>MEMBER</b>	<b>NON-MEMBER</b>
5 SESSIONS	\$29* Each Session	\$39* Each Session
10 SESSIONS	\$25* Each Session	\$35* Each Session

**\*Pro Trainer: Add \$10/Session**

**\*Master Trainer: Add \$20/Session**

**For Midday Senior Members Only**

For More Information  
Contact Fitness Director  
Craig Catanese

The New  
**Spa 23**  
Health & Racquet Club

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