



PERSONAL TRAINING

Invest in Yourself

Our nationally accredited personal trainers are here to help take your fitness to the next level! Individualized exercise programs help you achieve and maintain your health and wellness goals. Our trainers are dedicated to your success and are attentive to your health and wellness history so that you can experience a comfortable, safe and non-intimidating environment regardless of your age or ability.

Get the results you want from experts who care!

- Improve your health
- Lose pounds and inches
- Gain strength and balance
- Reduce stress
- Stay motivated
- Increase athletic performance
- Build muscle mass
- Tone and shape
- And so much more

HOW TO GET STARTED!

- ✓ Contact Lauren Kerr at lkerr@ryallymca.org to discuss your goals and scheduling.

**Get to know
our trainers!**





NO EXCUSES. JUST RESULTS.

Commit to improving your physical fitness, health and overall quality of life. All sessions are catered to help you achieve maximum results and reach your goals.

LEVEL 1

Level 1 trainers hold a nationally accredited personal training certification and have 1-4 years of experience in the fitness industry.

LEVEL 2

Level 2 trainers hold a nationally accredited personal training certification and have 5-9 years of experience in the fitness industry.

LEVEL 3

Level 3 trainers hold a nationally accredited personal training certification and have > 10 years of experience in the fitness industry.

INDIVIDUAL TRAINING

Sessions	Session Length	Level 1	Level 2	Level 3
1	30-Minute	\$35	\$37	\$40
4	30-Minute	\$130	\$140	\$150
8	30-Minute	\$240	\$260	\$280
1	45-Minute	\$50	\$52	\$55
4	45-Minute	\$180	\$190	\$200
8	45-Minute	\$345	\$360	\$385
1	60-Minute	\$60	\$62	\$65
4	60-Minute	\$230	\$240	\$250
8	60-Minute	\$440	\$460	\$480
12	60-Minute	\$620	\$660	\$690

PARTNER TRAINING (Prices are per person)

4	60-Minute	\$140	\$148	\$160
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SMALL GROUP TRAINING (Prices are per person)

4	60-Minute	\$120	\$128	\$140
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