

PERSONAL TRAINER WORKOUT PROGRAM

PLAY

EVERY DAY, **EVERY WAY.**

FITNESS ORIENTATION

30 minutes of instruction regarding gym equipment inside the Health Club. You will be shown the function of cardio & strength machines as well as how to use proper form. This is an instructional session only, and will not go into specifics for your personal workouts.

TRAINING CONSULTATION

1 hour of one-on-one time with the Personal Trainer, discussing your goals, injury history, and experience with fitness. The Personal Trainer will create a personalized plan for the two of you to work with during sessions.

PERSONAL TRAINING SESSION PACKAGES

4 Sessions = \$225
8 Sessions = \$420
12 Sessions = \$580



GRAND TRAVERSE
RESORT AND SPA

SIGN UP NOW!

