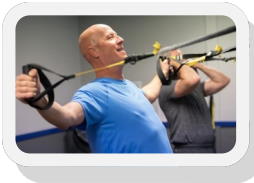




# PERSONAL TRAINING

Individual or group personal training is available for you!

A personal trainer will help you achieve your fitness goals!



## Personal Training Rates

### 30 minute sessions

**\$35/member \$40/nonmember**

*1-hour session is double the price of a 30 minute session*

### 30 minutes 8—session package

**\$260/member**

*packages are only available for members*

### Group personal training rates

|                | Member -- 30 min | Nonmember--30 min |
|----------------|------------------|-------------------|
| group 2/person | \$20             | \$23              |
| group 3/person | \$15             | \$17              |
| group 4/person | \$13             | \$14              |

*1-hour session is doubles the price of a 30 minute session*



***Your Friends Are Already Here!***

5490 Muddy Creek Rd/513-451-4233/[www.westerntfc.com](http://www.westerntfc.com)

Prices in effect 11/20