

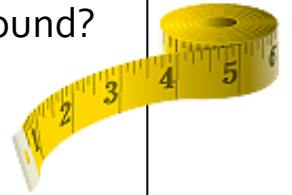
# Personal Training

## ARE YOU...

**Trying** to lose those extra pounds that have been hanging around?

**Looking** for motivation to get out of that rut?

**Bored** with your current workout and in need of a challenge?



Take action now and work with a DISC personal trainer! Contact Jeff Rounds, Fitness Center Supervisor, at 429-3472 to enlist the help of a qualified professional to help you attain your personal fitness goals!

Our team of qualified professionals includes:

**Scott Broyles, Traci Friel, & Tricia Haley**



## RATES AND PACKAGES

Individual	Member	Non-Member		Couple	Member	Non-Member
1 session	\$40	\$45		1 session	\$60	\$68
3 sessions	\$117	\$132		3 sessions	\$177	\$200
6 sessions	\$228	\$258		6 session	\$348	\$396
12 sessions	\$432	\$492		12 sessions	\$672	\$768
18 sessions	\$630	\$720		18 sessions	\$972	\$1,116

