



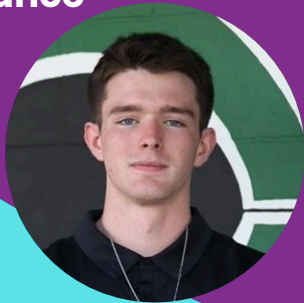
Meredith



Ray

Certified Personal Trainers Available

Chance



Jennifer



Teri



Starr

Training with a professional personal trainer here!

Let us help you get started with your fitness journey. We have trainers that can help you on land and in the water.

What are we offering?

- Personal Training Services
- Land and Aquatic Training
- One On One, Partner, Small Group of 3 or 4 people



www.caincenterymca.org

Get in Shape with Us!

Book a session today!

Introductory Package
3 Hour Sessions for \$149
One per member

# of Sessions	Individual		Partner \$ is per person		Small Group 3 People \$ is per person	
	30 Min	60 Min	30 Min	60 Min	30 Min	60 Min
1	\$35	\$55	\$31.50	\$49.50	\$28	\$44
3	\$105	\$165	\$94.50	\$148.50	\$84	\$132
6	\$199.50	\$313.50	\$178.50	\$280.50	\$157.50	\$247.50
12	\$378	\$594	\$336	\$528	\$294	\$462

Personal Training Policies

- Trainees more than 10 minutes late will not initiate a session and will be considered a paid cancelled session.
- **24 hours' notice** must be given to the trainer to avoid forfeiture of paid session.
- Personal Training Sessions are scheduled based on availability of inquired trainer and trainee agreed scheduling.
- **Partner or Small Group Packages:** ALL sessions must be scheduled with ALL parties. Failure to attend a scheduled session will be considered a completed session.
- Trainees must be over the age 11.
- Full Payment is required upon agreement to train and before scheduling. Please be advised that there is no refund policy.