

Looking for a Personal Trainer?

ONE-ON-ONE PERSONAL TRAINING

1 session for \$50

5 at \$45 per session for \$225

10 at \$35 per session for \$350

COUPLE/BUDDY TRAINING

Must be similar fitness level and same goals

1 session for \$70

5 at \$65 per session for \$325

10 at \$58 per session for \$580

Both training sessions will have an assessment and profile testing, required for multiple sessions at same price as one session. Includes resting heart rate, 3-minute step test, push-up, abdominal crunch test, flexibility, body composition, goal setting and exercise attitude profile.

*Fit looks
good on
every body!*

**Call the Base
Fitness Center at
719-333-4522
for questions and
to schedule a
session**

