

# Personal Training

@ Physiques Fitness Center

## Personal Trainers

Our Personal Training Staff can provide you with a **personalized program** that will maximize your **results**. We will provide guidance on **nutrition** for your fitness journey and insure proper **technique** and form when exercising. We will also be the **accountability** and **motivation** you need to keep on the right track.

### Keon Page

BS, MS, CF L1 Coach

### Christina Watson

ACE CPT, CF L1 Coach

### Claudette Grantt

BBA, ACE CPT, CF L1 Coach, ME  
NC L1

## Options and Prices Below:

6 Month Personal Training Contracts					
Type	Session \$	Weekly\$	Monthly\$	Description	# of Sessions
Unlimited Private	\$55	\$165	\$660	1 on 1 training	Unlimited sessions weekly or monthly
Private (1)	\$55	\$110	\$440	1 on 1 training	2 session weekly or 8 sessions monthly
Semi-Private (2)	\$29	\$58	\$232	Training with 2 people	2 sessions weekly or 8 sessions monthly
Small Group (3-6)	\$19	\$38	\$152	Training with 3-6 people	2 sessions weekly or 8 Sessions monthly
Each 6 month contract session lasts 30-50 minutes in length and also includes our Metabolic Nutrition Program & Omada Fit Classes.					
*10 Session Packages Available- No Contract					
Type	Session \$	Description	Session Length		
Private PT	\$65	1 on 1 training	30-50 min		
Semi-Private PT	\$39	Training with 2 people	30-50 min		
*If unable to commit to contract, must buy in 10 session packages to take advantage of this option.					