

PERSONALIZED TRAINING

(AUTO-RENEW PROGRAM)

The Auto-Renewal program is a convenient payment method that provides a consistent lower rate for clients committed to their personal training program.

PERSONAL TRAINING AUTO-RENEW

Train one-on-one and receive a workout that is customized to your needs and fitness level.

PERSONAL TRAINING	LEVEL 1	LEVEL 2	LEVEL 3	EXPIRES
1 Session/Week	\$305	\$350	\$410	45 days
Four Sessions				
2 Sessions/Week	\$585	\$665	\$775	45 days
Eight Sessions				
3 Sessions/Week	\$890	\$1020	\$1190	45 days
Thirteen Sessions				

EXPRESS PERSONAL TRAINING AUTO-RENEW (30 MIN)

Don't have time for a full hour session? Try EXPRESS Training - a 30 min. total-body workout!

EXPRESS TRAINING	LEVEL 1	LEVEL 2	LEVEL 3	EXPIRES
1 Session/Week	\$180	\$210	\$245	45 days
Four Sessions				
2 Sessions/Week	\$345	\$395	\$460	45 days
Eight Sessions				
3 Sessions/Week	\$525	\$605	\$710	45 days
Thirteen Sessions				

PARTNER TRAINING AUTO-RENEW

Interested in Training with a friend? We offer special rates for Partner Training.

PARTNER TRAINING	LEVEL 1	LEVEL 2	LEVEL 3	EXPIRES
1 Session/Week	\$205	\$220	\$260	45 days
Four Sessions				
2 Sessions/Week	\$390	\$420	\$490	45 days
Eight Sessions				
3 Sessions/Week	\$595	\$640	\$750	45 days
Thirteen Sessions				

EXPRESS PARTNER TRAINING AUTO-RENEW (30 MIN)

Grab a friend for a quick workout!

PARTNER EXPRESS	LEVEL 1	LEVEL 2	LEVEL 3	EXPIRES
1 Session/Week	\$110	\$125	\$140	45 days
Four Sessions				
2 Sessions/Week	\$210	\$240	\$265	45 days
Eight Sessions				
3 Sessions/Week	\$325	\$365	\$410	45 days
Thirteen Sessions				

* Minimum of a 2-month commitment. Clients can choose not to continue at any time with 2 or more sessions remaining in current package.

HEALTHWORKS

FITNESS CENTERS FOR WOMEN

For more information, please visit www.healthworksfitness.com