

START TRAINING TODAY

Meredith



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.

Monique



What are we offering?

- Personal Training Services
- Land and Aquatic Training
- One On One, Partner, Small Group

F, O, C, U, S,
O, N,
Y, O, U



www.caincenterymca.org

Get in Shape with Us!

Book a session today!

**Introductory Package
3 Hour Sessions for \$129
One per member**

# of Sessions	Individual		Partner		Small Group	
	30 Min	60 Min	30 Min	60 Min	30 Min	60 Min
1	\$35	\$50	\$28	\$40	\$25	\$35
3	\$105	\$150	\$80	\$120	\$75	\$105
6	\$210	\$300	\$168	\$240	\$150	\$210
12	\$372	\$552	\$315	\$450	\$273	\$390

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.

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.