

One on One Personal Training
at the
Sun City Anthem Fitness Center

“Recharge Your Life Through Exercise”

Personal Training Sessions

(55 minute Sessions)

Single Training Session	\$60
Package of 6 Sessions	\$330
Package of 12 Sessions	\$600

New Program Design \$125

(2 sessions)

If we train you on a weekly basis, there is
No charge for a new program design.

Half Hour Personal Training Sessions

One Half Hour Session	\$38
Five Half Hour Sessions	\$175
Ten Half Hour Sessions	\$350

Couples/Buddy Training

Single Session	\$70
Package of 6 Sessions	\$390
Package of 12 Sessions	\$720

You can train together or at different times.

Small Group Training

We have a variety of small group sessions.
Some programs are 2 x week for 4 weeks
or longer. The cost is \$20.00 per class paid
in advance for the duration of the program.

Fitness Assessment \$110

The fitness assessment looks for muscle imbalances by screening for pre-existing conditions such as low back pain, sciatica and rotator cuff imbalances and other conditions. The program design you would receive would be like a fine tailored suit.