



Personal Training

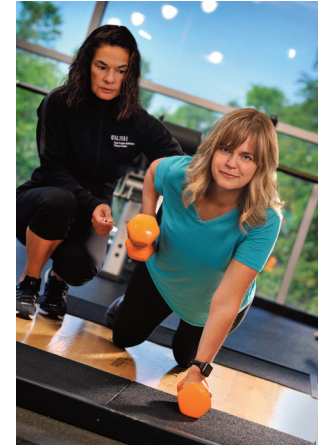
There is no better way to get in shape than to work with your own personal fitness trainer. At Rush Copley Healthplex, our degreed and certified personal trainers will work closely with you to customize an exercise program to maximize your efforts in reaching your own specific fitness goals. With their one-on-one attention and guidance, you'll benefit from the added motivation you may not otherwise have working out on your own.

Specialties include: strength training, flexibility training, assisted stretching, core conditioning and weight management. We also offer training for other health specific needs such as post rehabilitation, post-cardio/pulmonary rehabilitation, pre-natal or post-natal, Parkinson's disease and chronic conditions including diabetes, hypertension and fibromyalgia.

How to Get Started

Choose your personal trainer, or ask us to help select one for you based on your goals and their areas of expertise. After you purchase your training package, we will contact you to schedule your first meeting.

Single sessions or packages are available. If you wish to work with a trainer weekly, we offer a monthly subscription option. Once weekly includes four total sessions per month. Twice weekly includes eight total sessions per month.



Personal Trainer

(each session is one hour)

	Private	Semi-Private (per person)
Single	\$75	\$48
3 sessions	\$204	\$130
5 sessions	\$322	\$212
10 sessions	\$634	\$408
Monthly subscription 1 session per week	\$250	Not available
Monthly subscription 2 sessions per week	\$456	Not available

Zip Personal Training

(each session is 30 minutes)

	Private
6 sessions	\$260
9 sessions	\$382
12 sessions	\$484
Monthly subscription 1 session per week	\$150
Monthly subscription 2 sessions per week	\$275

Master Personal Trainer

(each session is one hour)

	Private	Semi-Private (per person)
Single	\$81	\$52
3 sessions	\$225	\$145
5 sessions	\$365	\$241
10 sessions	\$690	\$442
Monthly subscription 1 session per week	\$285	Not available
Monthly subscription 2 sessions per week	\$505	Not available

Zip Master Personal Training

(each session is 30 minutes)

	Private
6 sessions	\$260
9 sessions	\$382
12 sessions	\$484
Monthly subscription 1 session per week	\$170
Monthly subscription 2 sessions per week	\$310



Rush Copley Healthplex Fitness Center