

PERSONAL TRAINING AT THE PINERY COUNTRY CLUB

Our Personal Trainer program provides you with professional advice and a customized fitness plan to help you achieve your fitness goals.

The Pinery Fitness Center offers private, couple and group personal training programs to facilitate a continued lifestyle of wellness for our members. All members begin their personal training with a complimentary initial consultation. This one-hour appointment includes a review of medical history, body fat test, cardio respiratory assessment, goal setting and instruction in the proper use of the exercise equipment to meet each member's specific needs.

Price List

Private Personal Training

(1) 1 hour session	\$60
(8) 1 hour sessions	\$55 per session - \$440
(12) 1 hour sessions	\$50 per session - \$600

Couple Personal Training (2 people)

(1) 1 hour session	\$68 (\$34 per person)
(8) 1 hour sessions	\$57.50 per session (\$28.75 per person) - \$460 (\$230 per person)
(12) 1 hour sessions	\$52 per session (\$26 per person) - \$624 (\$312 per person)

Group Personal Training (3 people)

(1) 1 hour session	\$75 (\$25 per person)
(8) 1 hour sessions	\$60 per session (\$20 per person) - \$480 (\$160 per person)
(12) 1 hour sessions	\$54 per session (\$18 per person) - \$648 (\$216 per person)

Please contact Heather Sanchez at 720-881-4164 for more information.



THE PINERY
COUNTRY CLUB