

BE MOTIVATED.
BE STRONG.
BELONG.

PRICE SCHEDULE

EXPERT PERSONAL TRAINER

# of sessions	\$ per hour	Total	\$ per half-hour	Total
1	\$67	\$67	\$44	\$44
6	\$65	\$390	\$42	\$252
12	\$62	\$744	\$39	\$468

MASTER PERSONAL TRAINER

# of sessions	\$ per hour	Total	\$ per half-hour	Total
1	\$72	\$72	\$47	\$47
6	\$70	\$420	\$45	\$270
12	\$67	\$804	\$42	\$504

2 ON 1 TRAINING

	1/2 hour sessions	1 hour sessions
Master	\$72	\$125
Expert	\$64	\$115



Personal Training



THE SPORTING CLUB
AT THE BELLEVUE

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THE SPORTING CLUB
AT THE BELLEVUE

ENHANCE YOUR PERSONAL FITNESS EXPERIENCE

IMPROVE YOUR OVERALL FITNESS

We will monitor the progress of your strength, flexibility, endurance, posture, balance, coordination and cardiovascular health and fine-tune your program as you go.

IDENTIFY & ACHIEVE YOUR IDEAL WEIGHT

Our certified and knowledgeable personal trainers will provide credible recommendations on the best approach to achieving your ideal weight, whether it is weight gain, loss or maintenance. Your trainer will set reasonable and achievable goals, with safe strategies and plenty of encouragement.

STICK TO IT

Our trainers are uniquely qualified to provide you with the motivation and enthusiasm to stay with your program.

FOCUS ON YOUR UNIQUE HEALTH CONCERNS

Exercise can have a positive effect on chronic health issues such as arthritis, diabetes, obesity, as well as lower-back pain, injury rehabilitation and pre/post natal training. Together with your physician, physical therapist or other health care providers, a personal trainer will ensure a safe, efficient program.

FIND THE RIGHT WAY TO WORK OUT

Learn the correct way to use equipment with appropriate form and technique for cardiovascular work, free-weight and strength training.

STOP WASTING TIME

Get maximum results in minimum time with a program designed specifically for you. Workouts that use your strengths and improve your weaknesses are efficient and effective.

VARIETY

At The Sporting Club we have the most highly certified and experienced trainers in the industry. Biographies of all our personal trainers are posted in the fitness center and online at www.sportingclubbellevue.com

THE SPORTING CLUB OFFERS TWO LEVELS OF TRAINING

EXPERT PERSONAL TRAINER

Qualified in specialty areas such as pre/post natal fitness, athletic performance and weight loss. If you need training in a specific area, an Expert Trainer with the necessary experience and certification may be your best choice.

MASTER PERSONAL TRAINER

The highest level of training, certification and experience; capable of training clients at any level. If you have health issues or limitations you may feel more comfortable partnering with a Master Trainer whose advanced skills can meet your challenges.

2 ON 1 TRAINING

The main benefit of 2 on 1 training is motivation. When people make a commitment to both their friend and a trainer it's likely that they'll keep it. In a world that is increasingly overbooked, this is a great way to spend time with a friend while working out and staying fit.