



Personal Training

Individualized fitness and structured workouts. A personalized and guided routine to help you achieve your fitness goals. Our personal trainers make your progress effective, efficient and enjoyable.

Certified, knowledgeable, patient...we pick our trainers carefully. They are certified through nationally accredited organizations including ACSM, AFAA, ACE, NASM. Our trainers work with you to create attainable goals and expectations—getting to know you, your limits, and your health—making for a successful training experience.

PERSONAL TRAINING...

- reduces risk of cardiovascular disease
- prevents bone loss
- relieves tension, anxiety and depression
- boosts energy level
- reduces stress
- builds strength
- increases metabolism
- decreases body fat

PERSONAL TRAINERS CAN HELP YOU...

- gain optimal health and fitness
- get the best results in the shortest amount of time
- stay motivated and inspired
- keep variety in your routine
- maintain a safe and productive exercise regimen while under a physicians care for rehabilitation



Create a happier and healthier lifestyle that includes exercise as an attainable goal with a personal trainer by your side! **To schedule your session or for more information, visit us online at erjchouston.org/wellness or in person at the Fitness Center reception desk.**

SESSION TYPE	SINGLE PRICING	PARTNER PRICING	GROUP PRICING
Single private session – 1 hr	\$70	\$48/person	6 for \$185 Drop in rate = \$40
Package of 8 sessions – 1 hr	\$552	\$358/person	
Package of 12 sessions – 1 hr	\$806	\$504/person	
Package of 20 sessions – 1 hr	\$1,296	\$795/person	
Single private session – 30 min	\$41	\$31/person	6 for \$115 Drop in rate = \$29
Package of 8 sessions – 30 min	\$322	\$218/person	
Package of 12 sessions – 30 min	\$458	\$292/person	
Package of 20 sessions – 30 min	\$711	\$442/person	

Fee Structure – Revised June 2017

*Personal Training packages are non-transferable and non-refundable and have a six months expiration date from day of purchase. For group training, missed sessions will be debited unless the whole group or trainer makes a schedule change. 24-hour cancellation notice required on any session to avoid being charged.