

## Private Training

### Individual Options

Effective January 1, 2007.

Number of Sessions	Price per Session	Price of Package
1 x	\$65	= \$65
3 x	\$63	= \$189
5 x	\$60	= \$300
10 x	\$58	= \$580
15 x	\$55	= \$825

The Spa at Glenpointe is pleased to provide members with a full team of Professional Trainers. Our nationally certified personal training team will help identify your goals, develop an individualized training program based on your specific needs and get you motivated for success!

- All packages expire 3 months prior from the start date
- 24 hour cancellation notice required

## Pilates Private Instruction

### Individual Options

Number of Sessions	Price per Session	Price of Package
1 x	\$70	= \$70
3 x	\$68	= \$204
5 x	\$65	= \$325
10 x	\$63	= \$630
15 x	\$60	= \$900

Pilates, a method of exercise and physical movement designed to stretch, strengthen, and balance the body. Strength and flexibility, particularly of the abdomen and back muscles, coordination-both muscular and mental, are key components in an effective Pilates program. Posture, balance, and core strength are all heartily increased. Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds.

- All packages expire 3 months prior from the start date
- 24 hour cancellation notice is required or session will be forfeited