



Fitness

Personal Training Pricing

Personal training is an excellent investment in your health and wellness. It provides one-on-one attention that includes a tailor-made aerobic and strength program as well as basic information regarding anatomy, physiology and nutrition. It is also possible to put 2-3 people in a group and share the cost of a personal trainer. Personal training is a fantastic way to get started with a fitness program or to gain direction and motivation.

| Personal Training | |
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| Individual Session | 90-minute: \$95 One Hour: \$70 45-minute: \$60 30-minute: \$50 |
| Silver Package Buy six at reduced rate | 90-minute: \$552 One Hour: \$380 45-minute: \$325 30-minute: \$270 |
| Gold Package Buy twelve at a reduced rate | 90-minute: \$1056 One Hour: \$715 45-minute: \$615 30-minute: \$515 |

If you have questions about personal training, please contact Fitness Director Steve Boring at (507) 287-9312 or sboring@racmn.com.