

Personal Training



Personal training is for everyone! A highly trained, nationally certified personal trainer will put together a series of exercises to increase strength and flexibility where you need it, use the appropriate muscles in sequence and in proper form to obtain the most benefit, and fit perfectly into your schedule. Amazing! You will save time, money and energy by having a professional put you on the right track. Visit our Web site and read our Fitness Guide profiles to help you select a personal trainer that is just right for you.

Call 231.924.1781 to schedule your appointment today!

60-Minute Sessions

Single Session.....	\$40
Non-Citizen Single Session.....	\$60
Scout Package (three sessions).....	\$115
Orienteer Package (six sessions).....	\$220
Sherpa Package (twelve sessions).....	\$420

30-Minute Sessions

Single Session.....	\$25
Orienteer Package (six sessions).....	\$115

60-Minute Group Sessions

Group Session (two or three people).....	\$35 per person
Group Session Scout Package (three sessions).....	\$95 per person
Group Session Orienteer Package (six sessions).....	\$180 per person
Group Session Sherpa Package (twelve sessions).....	\$350 per person