

## Personal Training and Fitness Clinics

Personal trainers are certified professionals with varying degrees of specialty.

Personal training is designed to accomplish many things: health and fitness goals, weight loss and management, and improved athletic performance.

Whether you are recovering from an injury, preparing for an event, or just need to kick start your motivation – Personal Training is for you!

### Payment plans

	<i>Personal Training</i>	<i>Group Training * 2-4</i>
30 min session	\$ 45	\$34
1 session	\$ 79/hr.	\$60/hr
6 session card	\$ 76/hr ...\$456	\$56/hr ...\$336
12 session card	\$ 70/hr ...\$840	\$53/hr ...\$636
24 session card	\$ 65/hr ...\$1560	\$49/hr ...\$1176
36 session card	\$ 60/hr ...\$2160	\$45/hr ...\$1620

### Here's what some people are saying.....

"At 87 years, I have had some problems with my hips, lower back and balance. You have designed a weekly hour of exercise to strengthen and ease these areas as well as tone the rest of my body – thank you." Alice Stanley

"Wonderful. I can now fit comfortably into my pre-pregnancy clothes from 8 years ago." Svetlana Bianchetti

Personal Training sessions are by appointment only. Please contact the Fitness Director – Lei Evensen at 395-3300x207 or email [2fitness@theoahuclub.com](mailto:2fitness@theoahuclub.com)

**FREE FITNESS:** If you would like a personalized tour of the weight-room or a 30 minute fitness assessment, contact us at the number or email above.