



PERSONAL TRAINING

Learn proper techniques while getting the motivation you need!

PERSONAL TRAINER

Single Training

4 Sessions - \$200.00

8 Sessions - \$372.00

12 Sessions - \$504.00

24 Sessions - \$864.00

Buddy Training

4 Sessions - \$152.00

8 Sessions - \$280.00

12 Sessions - \$360.00

24 Sessions - \$528.00



At affordable *and* competitive pricing to suit every budget, all of our BWG Personal Trainers are trained and certified to provide you with the best service out there! Check out your BWG trainer biographies at the Customer Service Desk today!

Don't forget to ask about Buddy Training!

TEAM DRYLAND TRAINING - We offer Team Dryland Training to all sports teams looking to take their performance to the next level. For more information, please contact *Enrico Mazzone* – Fitness Programmer, emazzone@townofbwg.com.