

# Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

## PERSONAL TRAINING

Our Nationally Certified Trainers are here to help you achieve your health and fitness goals. Personal training sessions are designed to focus on you and you alone! Our Personal Trainers will develop an exercise program to meet your needs, goals and schedule.

PERSONAL TRAINING	Per Hour	5-Session Series	8-Session Series
MEMBERS	\$45	\$215	\$320
NON-MEMBERS	\$55	\$265	\$400

## ½ HOUR PERSONAL TRAINING (FAST-N-FIT)

(Accelerated Workout Program) Our 30-minute personal training sessions will fit into your busy schedule. Make this workout a focal point of your daily routine. Allow us to help guide you to a healthier lifestyle through exercise.

FAST-N-FIT PERSONAL TRAINING	½ Hour	5-Session Series	8-Session Series
MEMBERS	\$30	\$135	\$208
NON-MEMBERS	\$35	\$160	\$248

## BUDDY TRAINING (2 PEOPLE)

You and a buddy work along with one of our Certified Personal Trainers to help you reach your goals. Great opportunity for couples, friends, or co-workers to work out together.

BUDDY TRAINING PERSONAL TRAINING	1 Hour	5-Session Series	8-Session Series
MEMBERS	\$50	\$240	\$360
NON-MEMBERS	\$60	\$290	\$440

## GROUP TRAINING (3-4 PEOPLE)

Why train alone when you can receive the benefits from personal training together? You can now train together to achieve your results.

GROUP TRAINING PERSONAL TRAINING	1 Hour	5-Session Series	8-Session Series
MEMBERS	\$60	\$290	\$440
NON-MEMBERS	\$70	\$340	\$520

