

Fitness

Programs are offered for residents and non-residents, Hempfield Rec 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 work out a focal point of your daily routine. Allow us to help guide you to a healthier lifestyle through exercise.

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 working along with one of our Certified Personal Trainer helping you reach your goals. Great opportunity for couples, friends, or co-workers to work out together.

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.

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