

# PERSONAL TRAINING

Eastlake offers a variety of personal training programs that are customized specifically to help you meet and exceed your individual fitness goals, including cardio and conditioning, strength training, weight loss, athletic training and much more. All Eastlake personal training instructors are certified and complete regular comprehensive evaluations and continued education programs to assure you receive the safest, most effective training possible. For more information, contact [eastlakepersonaltraining@gmail.com](mailto:eastlakepersonaltraining@gmail.com) or visit [EastlakeClubs.com](http://EastlakeClubs.com).

## SINGLE SESSION PACKAGES

**SINGLE SESSION  
30 MINUTES**

**\$36**

**SINGLE SESSION  
60 MINUTES**

**\$55**

**4 SESSIONS  
60 MINUTES**

**\$180**

**8 SESSIONS  
60 MINUTES**

**\$320**

**12 SESSIONS  
60 MINUTES**

**\$420**

## MONTHLY SESSION PACKAGES

\*REQUIRES EFT PAYMENT PLAN

**4 SESSIONS/MONTH  
60 MINUTES  
6 MONTHS**

**\$119/mo\***

**8 SESSIONS/MONTH  
60 MINUTES  
6 MONTHS**

**\$239/mo\***

**12 SESSIONS/MONTH  
60 MINUTES  
6 MONTHS**

**\$349/mo\***

**4 SESSIONS/MONTH  
60 MINUTES  
3 MONTHS**

**\$128/mo\***

**8 SESSIONS/MONTH  
60 MINUTES  
3 MONTHS**

**\$256/mo\***

**12 SESSIONS/MONTH  
60 MINUTES  
3 MONTHS**

**\$384/mo\***