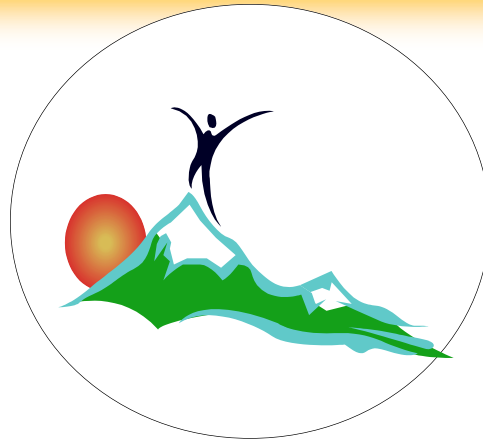




**Personal Training
Programs**

**Let us design a truly
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program based on your
individual needs
and goals.**

Suburban Health Club
10081 Co. Rd. 138
St. Cloud MN 56301
Tel: 320-251-3965
www.suburbanhealthclub.com



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Whether your goal is to lose weight, build muscle, prepare for a race or increase stamina, we can develop a program that will help you maximize your results in minimal time.

Your Program Will Include:

- A confidential interview to determine your goals, expectations, motivation and fitness history.
- A record of your health history.
- A detailed record and analysis of your body composition, including body fat analysis and measurements.
- Development of a customized cardiovascular, strength training and/or flexibility program.
- The accountability that is necessary for a fitness program to be successful.
- An endless variety of program options—including equipment free programs and programs you can take on the road with you.

Personal Training Packages

<u>Half-Hour Sessions:</u>	<u>Mbr</u>	<u>Non-Mbr*</u>
4 Sessions.....	\$90.00.....	\$112.00
8 Sessions.....	\$165.00.....	\$210.00
12 Sessions.....	\$225.00.....	\$290.00
<u>One-Hour Sessions:</u>	<u>Mbr</u>	<u>Non-Mbr*</u>
4 Sessions.....	\$160.00.....	\$190.00
8 Sessions.....	\$300.00.....	\$340.00
12 Sessions.....	\$415.00.....	\$480.00

Prices effective 02/01/12.

*Non-Member rates include a Day Pass for each session, entitling you to use of the entire facility.

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