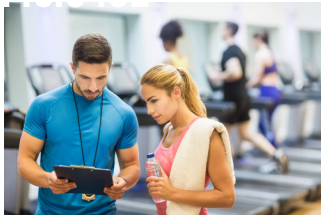



PERSONAL FITNESS TRAINING




Court House Family Fitness & Athletic Edge



Working with a personal trainer will make you fitter & stronger, & increases your lean body mass more effectively than working out on your own. Personal training is offered for individuals or small groups. Member & non-member pricing listed below. See bottom table for scholastic sports training. Check with a staff member to schedule!

*PRICING IS TOTAL PAID-IN-FULL GROUP PRICING FOR ALL PARTICIPANTS	SINGLE	2 PEOPLE	3 PEOPLE	4 PEOPLE
1 SESSION 30 MINUTES	\$30 MEMBER \$40 NONMEMBER	\$40 MEMBERS \$60 NONMEMBERS	 	
5 SESSIONS 30 MINUTES EACH 1 FREE FIT3D SCAN PER PERSON	\$140 MEMBER \$190 NONMEMBER	\$190 MEMBERS \$290 NONMEMBERS		
10 SESSIONS 30 MINUTES EACH 2 FREE FIT3D SCANS PER PERSON	\$260 MEMBER \$360 NONMEMBER	\$350 MEMBERS \$550 NONMEMBERS		
1 SESSION 60 MINUTES	\$50 MEMBER \$60 NONMEMBER	\$60 MEMBERS \$80 NONMEMBERS	\$70 MEMBERS \$100 NONMEMBERS	\$80 MEMBERS \$120 NONMEMBERS
5 SESSIONS 60 MINUTES EACH 1 FREE FIT3D SCAN PER PERSON	\$225 MEMBER \$275 NONMEMBER	\$275 MEMBERS \$375 NONMEMBERS	\$325 MEMBERS \$475 NONMEMBERS	\$375 MEMBERS \$575 NONMEMBERS
10 SESSIONS 60 MINUTES EACH 2 FREE FIT3D SCANS PER PERSON	\$400 MEMBER \$500 NONMEMBER	\$500 MEMBER \$700 NONMEMBER	\$650 MEMBER \$950 NONMEMBERS	\$700 MEMBER \$1100 NONMEMBERS

YOUTH PRIVATE LESSONS

Basketball Soccer Volleyball @ CHFF Nonmembers add \$10 per person	1 PERSON 	2 PEOPLE 	3 PEOPLE 
30 min session	\$24	\$20 per person	\$17 per person
60 min session	\$40	\$35 per person	\$30 per person