



# Fitness

## Personal Training Pricing

Personal training is an excellent investment in your health and wellness. It provides one-on-one attention that includes a tailor-made aerobic and strength program as well as basic information regarding anatomy, physiology and nutrition. It is also possible to put 2-3 people in a group and share the cost of a personal trainer. Personal training is a fantastic way to get started with a fitness program or to gain direction and motivation.

Personal Training	
<b>Individual Session</b>	One Hour: \$74 45-minute: \$64 30-minute: \$54
<b>Silver Package</b> Buy six at reduced rate	One Hour: \$400 45-minute: \$345 30-minute: \$290
<b>Gold Package</b> Buy twelve at a reduced rate	One Hour: \$755 45-minute: \$655 30-minute: \$555

If you have questions about personal training, please contact Fitness Director Steve Boring at (507) 287-9312 or [sboring@racmn.com](mailto:sboring@racmn.com).

