



APEX Personal Training

& Fitness Center

Personal Training Memberships

What's Included?

One-on-One Personal Training Sessions

Memberships range from one session a month (Program Design) to 6 days per week (Platinum)

Monthly Body Composition Testing

Muscle weighs more than fat, so why measure your results with only a scale? We measure body fat, muscle mass, and hydration levels with the Biodynamics 410 Bioimpedance Analyzer.

Monthly Health Coaching Sessions

Nutrition, Goal Setting, Lifestyle Changes...just a few of the topics covered in your monthly health coaching session.

Fitness Assessments

Every three months...measures cardiovascular fitness, strength, flexibility, and body composition.

Exercise Assignments

For the days when you are not with your trainer...

POLAR Technology

Track calories burned, exercise intensity and training zones with your POLAR HR Monitor. (deposit or purchase options available)

Fitness Center Membership

FREE with Personal Training Membership!

All HYBRID Personal Training Memberships Include: FREE Fitness Center Membership, Monthly BIA Testing, 1 Hour Monthly Health Coaching, & a Full Re-Assessment Every 3 Months

Everything Above Plus...	EXPRESS		
	15 min	30 Min	Group
Program Design 1 session per month		\$99	
BRONZE 1 session per week		\$216	
SILVER 2 sessions per week	\$180	\$340	\$150
GOLD 3 sessions per week	\$240	\$448	\$195
PLATINUM Unlimited Sessions (limit one per day)	\$360	\$660	

Prepay & Save!

Prepay for a 12 month membership and get **2 additional months for free!**

Use IT or Lose IT

Clients must use their sessions on a weekly basis...**more consistency = better results!**