

PERSONAL TRAINING MEMBER RATES

30 MINUTES

Package Size	Price Per Session	Package Total
1	\$40	\$40.00
4	\$37	\$148.00
8	\$35.50	\$284.00
12	\$34	\$408.00
24	\$32	\$768.00

60 MINUTES

Package Size	Price Per Session	Package Total
1	\$65	\$65.00
4	\$59	\$236.00
8	\$57	\$456.00
12	\$55	\$660.00
24	\$51	\$1224.00

TANDEM (FOR TWO) 60 MINUTES

Package Size	Price Per Session	Package Total
1	\$110	\$110.00
4	\$98	\$392.00
8	\$94	\$752.00
12	\$90	\$1080.00
24	\$82	\$1968.00

**Virtual Training is available on request.
Non-member rates are an additional 30%**



Personal Training FAQs



WHY PERSONAL TRAINING?

Personal training is a great tool to help you break through a strength or conditioning plateau. Having short term and long term training phases incorporated into your plan helps you achieve your goals more efficiently and improve personal fitness knowledge, learn proper form, reduce the risk of injury and maintain motivation and accountability.

PROGRESSION- FOR CLIENT AND TRAINER.

At the forefront of our training is education; it is what sets us apart. The knowledge and experience of our trainers directly correlates with the skill set they are capable of passing on to you, and the efficiency of the programming provided.

WHICH TRAINER WILL I WORK WITH?

We will match you with the right trainer to reach your goals. Fitness Manager Scott Yapple will take into consideration your health & fitness goals, your current level of fitness, your availability, and medical history to match you with the best fit.

CONTACT:

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