

Personal Training Packages

Hour-Long Sessions

1 session	\$20
3 sessions	\$50
6 sessions	\$100
13 sessions	\$200

There are currently 2 Certified Personal Trainers on Staff:

Angie Vernon - CPT, SilverSneakers Certified, Spin
Melanie Downey - CPT, OCB Judge

Tardiness Policy:

Clients are expected to begin working out at the start time of the scheduled appointment. A late start time may result in less than the scheduled hour session.

Cancellation/Rescheduling Policy:

All scheduling, rescheduling or cancellation of PT sessions should be done through your trainer. **A 24-hour notice is required.** Failure to cancel or reschedule within this time frame or failure to show up for a session will result in the client being charged for the session. Exceptions will only be made in the case of a medical emergency.

There is a no-refund policy on all packages purchased.