

# Personal and Group Training Services

Aspirus Therapy & Fitness - Medford



## INDIVIDUAL TRAINING

- **Personal Training** – Personal training offers one-on-one development and progression of a nutrition and exercise program. Our certified Personal Trainers possess the knowledge, skills, and abilities necessary to design a safe and effective program tailored to meet the goals of the clients they serve.

## GROUP TRAINING

- **Group Training** – Similar to Personal Training but done in groups of 2-4 people with shared training goals in order to develop a nutrition and exercise program in a fun and motivating way. This helps build accountability and helps participants meet goals together.



## PERSONAL AND GROUP TRAINING

Personal Training (1/1 Sessions)		
Package	Price*	Expiration
Per Session	\$50	None
6-Pack	\$210 (\$35/session)	2 months from purchase
10-Pack	\$320 (\$32/session)	3 months from purchase
15-Pack	\$450 (\$30/session)	5 months from purchase
Package includes monthly membership cost and initial assessment for duration of package.		

Group Training (2-4 per session)		
Package	Price*	Expiration
6-Pack	\$150 (\$25/session)	2 months from purchase
10-Pack	\$220 (\$22/session)	3 months from purchase
15-Pack	\$300 (\$20/session)	5 months from purchase
*Price includes 5.5% Sales Tax		

AMH-552 (1/25)

To learn more about these programs or our services at Aspirus Therapy & Fitness – Medford, contact us at 715.748.8112.