

Personal Training

Are you tired of the same old routine?

Do you need a change in your workout?

Make an appointment with a trainer to have your measurements taken and develop the best workout for you!

Individual Person

1 Session = \$50 member / \$65 non-member

4 Sessions = \$160 member / \$208 non-member

8 Sessions = \$300 member / \$390 non-member

Small Group (2 People)

1 Session = \$40 a person member / \$ 52 a person non-member

4 Sessions = \$120 a person member / \$156 a person non-member

8 Sessions = \$225 a person member / \$292.50 a person non-member

For additional information or to get started, contact Liz Soria at
423-4205 or lizs@gladstone.mo.us

