

DOWNTOWN ATHLETIC CLUB

PERSONAL TRAINING

The road to good health is certainly not as easy as the latest infomercial would have you believe. Sometimes you need a guide, a partner, a friend, someone to keep you accountable, someone to push you to be your best, someone from the **DAC's staff of premier Personal Trainers.**

We are here to help you achieve your goals –
**weight loss, sport performance, injury prevention,
lifestyle change, improved body composition –**
we can help you do it all!

PRICES

Package	Price
Single Session (60 min)	\$40
6-Pack (6 x 60 min)	\$228 (\$38 per session)
12-Pack (12 x 60 min)	\$432 (\$36 per session)
Couple Training (60 min)	\$60
Couple 6-Pack (6 x 60 min)	\$348 (\$58 per session)
Couple 12-Pack (12 x 60 min)	\$672 (\$56 per session)
Fitness Assessment (60 min)	\$40
Add \$5 per session for nonmembers	

