

STRONGER, HEALTHIER, HAPPIER

Work with one of our certified personal trainers today to help you reach your goals. Whether you are an experienced exerciser or just now starting your fitness journey, there are a number of benefits to working with a personal trainer. Emphasizing on the term personal, you get a direct coach that can walk alongside you as you progress—workouts and routines that are specific to you versus finding a cookie-cutter workout online. Our trainers ensure quality instruction while educating on form to keep you safe and in the gym so you can continue to chip away at creating your best self.



Rates vary per package.
Single 45-min sessions
are available and offered
at \$55/session.

Express (30min) Sessions:

Single: \$40	4 Pack: \$150	8 Pack: \$290
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1 Hour Sessions:

Single: \$65	4 Pack: \$250	8 Pack: \$485
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To get signed up and for more
information,
Contact: Austin Shaffer,
Sport Program Manager,
(434) 817-0539
Austin@theclubatglenmore.com



PERSONAL TRAINING *INTEREST FORM*

Name: _____

Date of Birth: _____

Email: _____

Phone Number: _____

I am interested in:

Session length

30 min 1hr

Training Package

Single 4-Pack 8-Pack

I have the following days & times available for training:

Preferred Time: _____

Alternative Time: _____

My current activity level is:

My Health & Wellness Goals:

Do you have any health concerns or limitations we should be aware of?

- I understand that a 24hr notice is required to cancel a personal training session without being charged for that session**
- All sessions must be redeemed within a 3 month period or they will expire**