

## 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](mailto: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\**