

We're for: Youth Development, Healthy Living, Social Responsibility

WELLNESS BEGINS HERE

Personal Training

RATES

One Hour

\$45 | 1-9 sessions (per session)

\$425 | 10 sessions

\$600 | 15 sessions

30-Minute

\$28 | 1-9 sessions (per session)

\$265 | 10 sessions

\$375 | 15 sessions

Buddy

One Hour

\$59 | 1-9 sessions (per session)

\$555 | 10 sessions

\$795 | 15 sessions

Contact

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A program of the

Downtown Branch

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 **MISSION** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
VISION We will lead our community to become the healthiest in America.

