

# **Intro to Personal Training**

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## **One Month of Training**

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- . 8 individual sessions**
- . Meet with your Certified Personal Trainer 2x/wk**
- . 30 minute sessions customized to your needs**
- . Includes free body composition analysis with new state-of-the-art InBody® bioelectric scale**
- . First session focused on your health history, goals and Inbody analysis**
- . Intro package price**
- . Open to any member who has not trained at Lake Park Swim & Fitness**

**Start Achieving Results!  
See the Front Desk for More Information**