

Intro to Personal Training

One Month of Training

- 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 \$150 (not combined with any other offers)
- Open to any member who has not trained at Lake Park Swim & Fitness

Start Achieving Results!
See the Front Desk for More Information