

PERSONAL TRAINING



Improve your quality of life and work towards better health, fitness, and wellness goals with our personal trainers.

ABILITY360
SPORTS & FITNESS CENTER

www.ability360sports.org



Individual Sessions

Fitness Assessment	\$10
30 Minutes	\$35
1 hour	\$50
5 x 30 min	\$140
5 x 60 min	\$200
10 x 60 min	\$380

Group Sessions

2 people 1 hour	\$60
2 people 5 x 60 min	\$250

Discuss your personal goals with Brielle Carter via phone or e-mail and we will arrange a private, complimentary 30 minute inquiry with one of our trainers.



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