

BAY OAKS RECREATION CENTER PERSONAL TRAINING

Fees:

Single Session

\$35/BORC Member

\$45/Non-Member

8 Session Pack

\$255/BORC Member

\$325/Non-Member

- ◆ One on one instruction
- ◆ Gain/Loss tracking
- ◆ Nutritional guides
- ◆ Exercise routines
- ◆ Motivational coaching
- ◆ Free assessment with first paid session
- ◆ All with experienced, certified instructors

**Call us today to begin your
personalized program!**

Bay Oaks Recreation Center

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