

PERSONAL TRAINING

Allow one of our Fitness experts to enhance your current workout routine into a personalized program.
Workouts are created and facilitated on an individual basis based on your goals, interests, lifestyle and fitness level.
A current Health History Questionnaire must be on file before participating.

25 MINUTE SESSIONS

$63
PER SESSION

PACKAGE OF 6
$360 | **$60** EACH

PACKAGE OF 12
$696 | **$58** EACH

55 MINUTE SESSIONS

$90
PER SESSION

PACKAGE OF 6
$516 | **$86** EACH

PACKAGE OF 12
$996 | **$83** EACH

PARTNER PERSONAL TRAINING

25 MINUTES
$58
PER PERSON, PER SESSION

55 MINUTES
$90
PER PERSON, PER SESSION

Please contact the Fitness Center at 561-488-6944 for more information.

THE Fitness Center
AT BOCA WEST