

Columbia Association Personal Training

E Everyone Can Benefit From a Personal Trainer!

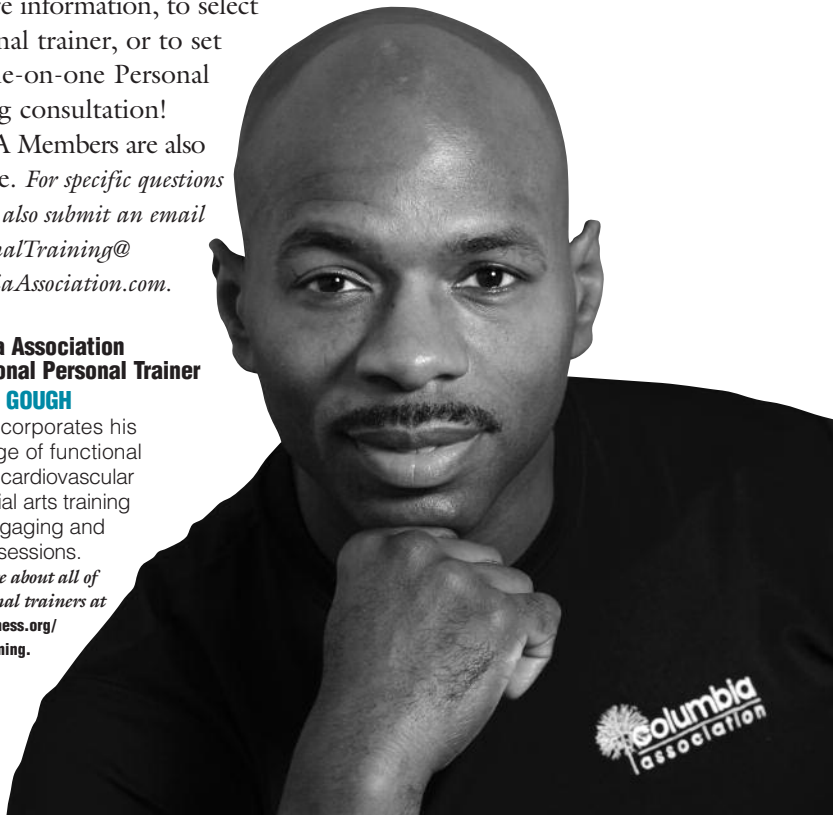
Everyone wants results from their fitness training program. Get results faster with effective, challenging, safe and fun training sessions. Have your program designed for you, with your specific goals, needs and daily challenges. The knowledge, experience and motivation a trainer provides to each client, during each session and beyond, leads to lifelong exercise adherence and overall lifestyle improvement.

Columbia Association provides two levels of Personal Trainer, Elite and Professional Fitness Trainers, session packages, and small group training, giving you the option to choose which option best fits your needs and budget (*see column at right*). Go to **ColumbiaFitness.org/PersonalTraining** for more information, to select a personal trainer, or to set up a one-on-one Personal Training consultation! Non-CA Members are also welcome. *For specific questions you may also submit an email to PersonalTraining@ColumbiaAssociation.com.*

Columbia Association Professional Personal Trainer DARRELL GOUGH

Darrell incorporates his knowledge of functional strength, cardiovascular and martial arts training in fun, engaging and effective sessions.

Learn more about all of CA's personal trainers at ColumbiaFitness.org/PersonalTraining.



Personal Training Pricing

Professional Personal Trainer

Number Sessions	Total Cost
1\$70
3\$180
6\$312
12\$588
24\$1128

Group Training Packages

(2-3 participants per group/split price)

Professional Personal Trainer with Group

Number Sessions	Total Cost
3\$222
6\$420

Elite Personal Trainer

Number Sessions	Total Cost
1\$80
3\$207
6\$360
12\$696
24\$1320

Group Training Packages

(2-3 participants per group/split price)

Elite Personal Trainer with Group

Number Sessions	Total Cost
3\$252
6\$468

CA Resident/Non-Mbr Rate • Add \$10 per session, per non-member, with a Professional or Elite Trainer for individual and small group sessions.

*** All sessions are up to 60 minutes in length.*

*** 30 minute sessions are available. Please discuss with your trainer if interested in this option.*

A M Free Weights for Women

CA Members

1-hour session/per person.....\$117

Minimum of three participants per session.

Up to four CA Members can participate in these semi-private sessions; each member must pay price listed above.

Ongoing, by appointment

Supreme Sports Club, Free Weight Room
Register by calling 410-381-5355.

Burn fat, strengthen and sculpt your body through an efficient and creative free weight workout with **Jacqueline Chaverini, CPT, CCS**. Break free of the machine rut!