



PERSONAL TRAINING

Call 276-223-3378 to get started today!

WHETHER IT'S TO LOSE WEIGHT, TONE UP, GET IN SHAPE OR RECOVER AFTER YEARS OF INACTIVITY, LET OUR PERSONAL TRAINERS HELP DESIGN A SAFE, ENJOYABLE EXERCISE ROUTINE SPECIFIC TO YOUR GOALS.

Personal Training Sessions/ Packages

60 Minute Session

1 Session- \$35

5 Sessions- \$165 (\$33/Session)

10 Sessions- \$300 (\$30/Session)



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| (276) 223-3378 | rec.wytheville.org