



WORK OUT WEST
health & recreation campus

Personal Training

Call 970-330-9109



One-on-One

Full Hour Sessions

1 Hour Session	\$40
5 Session Package	\$190
12 Session Package	\$420

Half Hour Sessions

1 Session	\$26
5 Session Package	\$120
12 Session Package	\$260

Small Group Training

Working out is always easier with friends and now it's possible to save a few bucks, too.

Single Sessions

1-on-2	\$30/per person
1-on-3	\$26/per person
1-on-4	\$22/per person

Packages of Ten

1-on-2	\$260/per person
1-on-3	\$220/per person
1-on-4	\$150/per person

OPTIONS: Battling Ropes, TRX Suspension Training, Core, Power Lifting, Athletic Performance

Session times may vary.

Sessions expire 6 months from purchase date.

WORK OUT WEST... encouraging wellness
and inspiring a commitment to your health
and personal goals.