



Personal Training Services

Good Shepherd's Institute for Healthy Living is proud to offer personal training services from the most qualified fitness professionals in the area. All of our personal trainers have an exercise-related degree or a nationally-recognized certification, and in many cases, both. We also offer specialized training in Pilates reformer, yoga, athletic training, recovering cardiac care and many more.

We require all trainers to regularly participate in continuing education courses to expand their knowledge of fitness so they can provide their clients with the most up-to-date health and wellness information. Personal trainers at the Institute for Healthy Living are experienced in developing individualized strength training, cardiovascular, and flexibility programs to help any client meet their goals and achieve results that extend far beyond the mirror. No matter what your fitness goals are, the Institute has a personal trainer to help you make your fitness dreams become a reality.

As an extra value service, our personal training department will offer a Lead Trainer Liaison as the "go-between" for the client and trainer to ensure service satisfaction. The Lead Trainer will survey and rate the quality of service provided to the client. Helping our clients achieve their goals is our priority!

One-on-One Hourly Sessions with Personal Trainer

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|--------------|-------|
| 4 sessions: | \$200 |
| 8 sessions: | \$360 |
| 12 sessions: | \$480 |

30-minute On-The-Go Sessions

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|--------------|-------|
| 4 sessions: | \$108 |
| 8 sessions: | \$200 |
| 12 sessions: | \$264 |

Small Group Training

These hourly sessions are custom designed for a motivating group environment for participants who share the same fitness interests. This can be Pilates reformer, sport specific, interval training, etc.

2 participants

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|--------------|------------------|
| 4 sessions: | \$130 per person |
| 8 sessions: | \$240 per person |
| 12 sessions: | \$330 per person |

3 or 4 participants

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|--------------|------------------|
| 4 sessions: | \$100 per person |
| 8 sessions: | \$176 per person |
| 12 sessions: | \$240 per person |

Please note the following regulations for Personal Training Packages:

- All packages/agreements have a 6-month expiration date from the date of purchase
- Members may select their preferred trainers
- Cancellations must be made within 8 hours notice, otherwise the member will be charged for the scheduled session
- If a member or members of a group session cancel with less than 8 hours of notice, or if they no show for a scheduled session, they will still be charged for that session. In the event that this occurs, the session will be taught with the remaining members of the group.