



Personal Training Rates/ Packages 3 Certified Personal Trainers

EVERYONE MEET REECE,

HE IS A NASM-CERTIFIED PERSONAL TRAINER AND HAS BEEN TRAINING CLIENTS IN THEIR HOMES FOR OVER A YEAR. HE SPECIALIZES IN RESISTANCE TRAINING WITH A FOCUS ON ANKLE STABILITY AND BALANCE WORK. HE HAS EXPERIENCE IN SPORT SPECIFIC TRAINING AND WILL BE OFFERING A SMALL GROUP CLASS FOR YOUNG GIRLS AND BOYS THIS SUMMER WHO ARE INTERESTED IN LEARNING MORE ABOUT WORKING OUT.

	Private	Duo	Trio	Four	Per Week
1 Session	\$25				
2 Sessions	\$50				
3 Sessions	\$75				

Kallie Landry is our most seasoned trainer of 14 years and has a bachelor's degree in Kinesiology. She loves bootcamp, rogue, cardio & free weights. She specializes in variety and groups

	Private	Duo	Trio	Four	Per Week
1 Session	\$40				
2 Sessions	\$70	\$35	\$30	\$25	
3 Sessions	\$90				

Kim Labiche has been a PT for over two years now! She started in September 2021 and is loving it! She is great in the weight room and can make you a plan to achieve your goals! She just recently started with groups and is available in the afternoons and some weekend mornings!

	Private	Duo	Trio	Four	Per Week
1 Session	\$28				
2 Sessions	\$50				
3 Sessions	\$75				

Sessions are one hour long

Required: Private consult, weigh in & measure

All sessions must be paid prior to sessions. Can pay wkly or mthly

Must cancel 24 hours before session or you will be charged

NONMEMBERS pay \$5 guest fee/session

CALL 337.519.2486 TO SCHEDULE