

# PERSONAL TRAINING

Made for those who need some help hitting their goals, or who just want to start lifting heavier, running faster, general weight loss, or program prescription.

## ONE-ON-ONE

- 6 Sessions (60 minutes)
- Nutrition Session
- Food Journal Refinement
- Program Prescription and Revision
- Cost:  
\$100.00(Civic Center Member)  
\$110.00(Non Civic Center Member)

## BEGINNER FIT

- 3 Sessions (45-60 minutes)
- Fitness Assessment and Exercise Prescription
- Personal Training Session
- Program Revision
- Cost:  
\$50.00(Civic Center Member)  
\$55.00 (Non Civic Center Member)

## CONTACT

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