



Oneida Family Fitness

Personal Training

A program designed for YOU!
Our certified personal trainers work with all fitness levels to help clients maintain or build a healthier lifestyle through physical activity.

- Improve overall fitness: strength and endurance
- Learn proper weight lifting form and exercise selection
- Follow physician recommendations

What to expect?

- Weekly Training Sessions (30 or 60 minutes)
- Goal Setting
- Progress Tracking
- Access to a variety of cardio equipment, free weights, power racks, battle ropes, TRX, and more.

Personal Training Fees Sessions and Packages

Packages	Price
30 minute session	\$20.00
60 minute session	\$40.00
(5) 30 minute sessions	\$90.00
(5) 60 minute sessions	\$180.00
(10) 30 minute sessions	\$170.00
(10) 60 minute sessions	\$340.00

Benefits

You can reach your health and wellness goals! Our motivating personal training staff can help you achieve results with a program that incorporates mind/body awareness, and training techniques for all fitness levels.

We'll help you build consistency and teach you how to work towards YOUR goals.



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PERSONAL TRAINING