

Personal Training

Ready to
take your
fitness to
the next
level?



Why work with a personal trainer?

A trainer will assess your individual abilities and help you set and achieve your fitness, wellness, and health goals. They will keep your work out fresh and fun so you stay motivated and achieve results. You will get an efficient, balanced, full body workout with weekly accountability and measurements of your progress.

Our Personal Trainers specialize in:

- Weight loss management
- Post-physical therapy training
- General Strengthening
- Balance and Stability

Pricing:

60-minute session	\$75	30-minute session	\$50
6 pack	\$420 (\$70 each)	6 pack	\$270 (\$450 each)
10 pack	\$650 (\$65 each)	10 pack	\$400 (\$40 each)

60-minute buddy session \$50 *
6 pack \$285 (\$47.50 each)
10 pack \$450 (45 each)

*price per person

For more information or to schedule,
please call (530) 587-3769
or email wellness@tfhd.com

Follow Tahoe Forest Health System!



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