



Personal Training Interest Form

Our certified personal trainers assist and motivate you to improve your overall health and maximize your fitness level. You will receive guidance in the development of a fitness program that will meet your goals and work within your limitations. Choose from one-on-one training or small group training.

PERSONAL TRAINING RATES:

(1 on 1, 1 Session = 55 mins.)

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| Per Session Price | \$48 / each + tax |
| 10 + Sessions | \$45 / each + tax |

INTRODUCTION TO PERSONAL TRAINING:

(1 on 1, 1 Session = 55 mins.)

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| 3 sessions | \$125 + tax |
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Introductory packages are for 1st time training clients only. All sessions must be used within 30 days of your initial appointment.

SMALL GROUP TRAINING:

(2 to 6 participants. No Prorating, Must purchase 6)

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| 6 sessions | \$150 + tax / per person |
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FITNESS ROOM ORIENTATION:

(No Charge, No Appointment, Meets Upstairs):

Tuesday – 9:30am, Wednesday – 7:00pm, Thursday – 4:00pm

Please find additional trainer information on the back. When you are ready to get started, please contact the trainer of your choice directly. Payment is accepted at the front desk of the Federal Way Community Center and can be made with check, cash, visa or mastercard. Please bring a copy of your receipt to your first training session.

Any other questions? Contact Kimberly Shelton at (253) 835-6932, or email: kimberly.shelton@cityoffederalway.com