

**Personal Training**

Get results from every direction! Exceed your personal fitness and wellness goals with the guidance of our Personal Trainers. When it comes to your health you deserve to work with the best! Each of our Personal Trainers have mastered the industry's most comprehensive fitness education programs. Achieve life-changing results! Having your own Personal Trainer overseeing your program and progress is the key to your success. Bellin Health Fitness & Athletic Performance Center has the right Certified Personal Trainer for you... motivating, flexible, knowledgeable, and result-oriented. Whether you are a high level athlete or a new beginner, we can work with you to get the results you've always wanted.

**Services Available**

- Weight Loss/Gain
- Balance Training
- Strength Training
- Cardio Conditioning
- Written Exercise Plans
- Overcoming Plateaus
- Group Training
- Post Physical Therapy
- Triathlons
- Special Orthopedic and Low Back Conditioning

**One-on-One Training Rates**

## Half-Hour Sessions

1-15 sessions	\$30/session
16+ sessions	\$25/session
Package of 16 sessions	\$400

## One-Hour Sessions

1-15 sessions	\$50/session
16+ sessions	\$45/session
Package of 16 sessions	\$720

**Group Training Rates**

## Two-on-One One-Hour Sessions

1-15 sessions	\$35/person/session
16+ sessions	\$30/person/session
Package of 16 sessions	\$400

## Groups of Three/Four One-Hour Sessions

1-15 sessions	\$25/person/session
16+ sessions	\$20/person/session
Package of 16 sessions	\$320

\*\*All sessions expire in one year and are nonrefundable and nontransferable.

**Locations**

**Bellin Fitness Center West**  
1630 Commanche Ave.  
Green Bay WI 54313  
(920) 430-4756

**Bellin Fitness Center Bellevue**  
3263 Eaton Rd.  
Green Bay WI 54311  
(920) 433-6700

**Bond Community Center**  
1201 Park Ave.  
Oconto WI 54153  
(920) 834-5585

