

# Personal training services

The personal training staff at the St. John Siegfried Health Club will assist you in accomplishing your fitness goals. We offer competitive rates and a dynamic team of fitness experts who are committed to providing the motivation and results you desire.

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## Single session rates

30 minutes:	\$45	(non-member: \$50)
1 hour:	\$65	(non-member: \$70)

## 30-minute packages

3 sessions:	\$110	(non-member: \$138)
6 sessions:	\$208	(non-member: \$260)
9 sessions:	\$302	(non-member: \$378)
12 sessions:	\$390	(non-member: \$488)

## 1 hour packages

3 sessions:	\$173	(non-member: \$216)
6 sessions:	\$339	(non-member: \$424)
9 sessions:	\$499	(non-member: \$624)
12 sessions:	\$655	(non-member: \$819)

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Contact the Health Club to find out which trainer is right for you at **918-744-2484**



**Ascension  
St. John**