

There's a reason why people hire a personal trainer to attain their health and fitness goals—IT WORKS!

ONE HOUR SESSION	Member	Guest
1 Session	\$65	\$71
6 Sessions	\$369	\$405
12 Sessions	\$699	\$769
24 Sessions	\$1,329	\$1,459
36 Sessions	\$1,879	\$2,067

30 MINUTE SESSION	Member	Guest
1 Session	\$37	\$40
6 Sessions	\$209	\$229
12 Sessions	\$405	\$445
24 Sessions	\$769	\$845
36 Sessions	\$1,099	\$1,209

Personal Training at Cornerstone is convenient, economical and customizable! We offer 30 and 60 minute individual and group training sessions. Allow our Wellness Coaches to help you choose the best plan for YOU.



CORNERSTONE Clubs

Team Personal Training Rates

Fitness ♦ Yoga ♦ Pilates

*Group training is highly motivating and economical.
Let us help you succeed!*

ONE HOUR SESSION	Member	Guest
1 Session	\$47	\$52
6 Sessions	\$219	\$239
12 Sessions	\$429	\$469
24 Sessions	\$839	\$919
36 Sessions	\$1,229	\$1,349

30 MINUTE SESSION	Member	Guest
1 Session	\$26	\$29
6 Sessions	\$125	\$138
12 Sessions	\$229	\$249
24 Sessions	\$449	\$494
36 Sessions	\$649	\$714

*Note: Pilates personal training is available in single and duet instruction only. There are no refunds for pre-paid Personal Training sessions; balances can be transferred to gift cards only.

www.cornerstoneclubs.com

