

# PROGRAM DESIGN

## WORKOUT PLAN

A 6 week custom-built individual workout plan that is created by one of our certified personal trainers.

**\$99** /6 WEEKS



The program design can be purchased at the front desk. Contact our Fitness Advisor Chad at (970) 449-6905 or [chadb@raintreeathleticclub.com](mailto:chadb@raintreeathleticclub.com) to find a personal trainer that's right for you.