



WORK OUT WEST™
health & recreation campus



PERSONAL TRAINING

Call **970.330.9109**

ONE-ON-ONE

FULL HOUR SESSIONS

1 Hour Session	\$40
5 Session Package	\$190
12 Session Package	\$420

HALF HOUR SESSIONS

1 Session	\$26
5 Session Package	\$120
12 Session Package	\$260

SMALL GROUP TRAINING

Working out is always easier with friends and now it's possible to save a few bucks, too.

SINGLE SESSIONS

1-on-2	\$30/per person
1-on-3	\$26/per person
1-on-4	\$22/per person

PACKAGES OF TEN

1-on-2	\$260/per person
1-on-3	\$220/per person
1-on-4	\$150/per person

OPTIONS: Battling Ropes, TRX Suspension Training, Core, Power Lifting, Athletic Performance

Session times may vary. Sessions expire 6 months from purchase date.



WORK OUT WEST... encouraging wellness and inspiring a commitment to your health and personal goals.