

# TRAINING

**For pricing information, see next page.**

Move better, train better and feel better with a customized program designed just for you. Our various models of training support you with any goal including weight loss, strength gains, improving balance, sport performance, injury rehabilitation, flexibility and more. Transform the way you train and reach your goals faster by working with one of our nationally accredited trainers.

## Decide which training model is best for you!

Whether you're looking for a customized private training or training withing a group atmosphere, we have the right support to meet your needs and help you reach your fitness goals.

### Individual Personal Training

Train one-on-one with a certified professional who'll provide you with personalized workouts and attention - helping you stay motivated and accountable.

### Buddy Training

Achieve your fitness goals with a friend in this two-on-one personal training model. receive personal training from a certified professional while you and your biddy keep each other on track.

### Small Group Training

Prefer a group setting - try small group training where you complete a comprehensive group workout with a certified professional and 3-6 other participants.

### Personalized Training Program

Looking for professionally developed custom workouts you can do on your own? Our personalized training program delivers just that! A certified trainer will create three custom, four-week programs tailored to your unique goals that you'll complete independently, while still receiving guidance, updates and support.

# PRICING

INDIVIDUAL PERSONAL TRAINING			
Sessions	30 Min.	45 Min.	60 Min.
1	\$45	\$60	\$72
5	\$215	\$290	\$340
10	\$400	\$550	\$650
20	\$755	\$1,040	\$1,230

BUDDY TRAINING* (2 people)			
Sessions	30 Min.	45 Min.	60 Min.
1	\$36	\$49	\$58
5	\$170	\$230	\$275
10	\$320	\$440	\$520
20	\$605	\$830	\$985

SMALL GROUP TRAINING* (3-6 people)			
Sessions	30 Min.	45 Min.	60 Min.
1	\$22	\$30	\$42
5	\$102	\$150	\$204
10	\$180	\$264	\$360
20	\$312	\$456	\$624

PERSONALIZED TRAINING PROGRAM (Individual)	
12 Weeks	
Three custom programs	\$275
Programs are tailored to your goals by a certified trainer. Price includes programs, consultations, fitness and body composition assessments, and check-ins.	

\*Note: Session fees are per person and are due in full at time of scheduling your first session. 24-hours advance notice is required or cancellation. We reserve the right to retain 100 percent of the session fee if proper notice is not given.

**Need help choosing the best option or have additional questions?**

Contact the fitness center at 202-512-9890 or email [fitnessc@gao.gov](mailto:fitnessc@gao.gov).