



To: All MCRW Members

Date: June 25, 2019

Re: New Personal Training and Drop In Care Rates effective July 1, 2019.

The Miller Center’s Certified Personal Trainers are exceptional and spend significant quality time working one-on-one, as well as in small groups, to meet the fitness needs of our members. They are a valuable resource and have played a pivotal role in assisting Members to meet their fitness goals. Working with a Personal Trainer gives a Member the extra push needed to achieve the transformation so many are looking for but unable to do on their own.

New Personal Training Rates will become effective July 1, 2019, and will be as follows:

<u>Session</u>	<u>Single Rate</u>	<u>4 Session Package Rate</u>	<u>8 Session Package Rate</u>
Individual: 30 Minutes	\$ 35.00	\$ 130.00	\$ 240.00
Individual: 60 Minutes	\$ 50.00	\$ 190.00	\$ 360.00
2 on 1: 30 Minutes	\$ 30.00	\$ 110.00	\$ 200.00
3 on 1: 30 Minutes	\$ 25.00	\$ 90.00	\$ 160.00
2 on 1: 60 Minutes	\$ 40.00	\$ 150.00	\$ 280.00
3 on 1: 60 Minutes	\$ 35.00	\$ 130.00	\$ 240.00

Drop In Care availability is an essential benefit of Membership at The Miller Center. Our Drop In Care Staff provide a loving, kind and fun-filled safe place for our Members’ little ones so mom and dad can work out worry-free! The value of this peace of mind is priceless and the quality care each child receives is exceptional. Service is available for children from 3 months of age up to 12 years.

New Drop In Care Rates\* will become effective July 1, 2019, and will be as follows:

- Member Rates:
  - \$4.00 for 90 Minutes of Care
- Non-Member Rates:
  - \$10.00 for 90 Minutes of Care

\*Members with existing punch cards for Drop In Care may continue to use them. After July 1<sup>st</sup>, existing cards will receive 2 punches for 1 (90-minute) visit.

\*Tokens may still be purchased at the Front Desk and will reflect new rates as of July 1, 2019.