



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