

# FITNESS

AT SPS TOWER



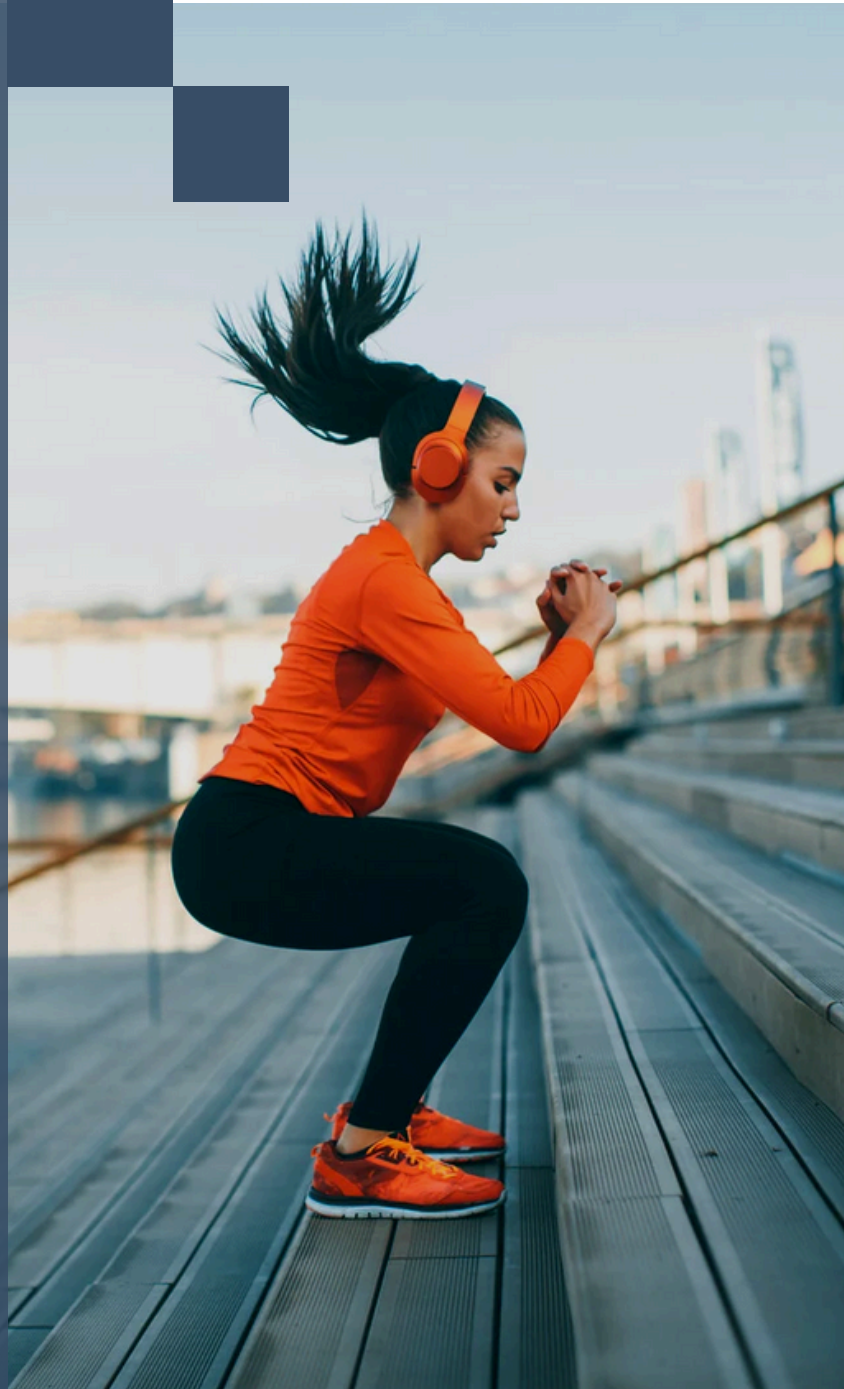
## let's get moving

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### ADVANTAGEHEALTH PERSONAL TRAINING

#### TRAINING BENEFITS

Personal training has many benefits which include weight loss, increased muscular strength and decreased cholesterol and blood pressure. While many only consider these benefits, personal training offers a multitude of other benefits such as: learning new exercises to incorporate into your own workouts, knowledge of safe and efficient techniques, building effective workouts, and breaking through plateaus.



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# INDIVIDUAL AND GROUP TRAINING SERVICES

## OUR SPECIALTIES

Strength Training | Cardio Training | Weight Loss | General Fitness



### MONTHLY SESSIONS

Monthly training allows you to create a consistent schedule that makes YOU and your GOALS a priority. In addition to many other benefits, consistent monthly training will enable you to build a good fitness base, ingrain working out as a habit, reduces injury risks, and provide yourself with a regular mental boost. Sessions expire on the subscription renewal date. .



### SINGLE SESSIONS

Whether you're a bigger or seasoned athlete, our professionally trained staff can customize a program based on your needs. You can purchase as many sessions as you need to meet your specific goals. Depending on the number of sessions purchased, sessions will expire three to six months from purchase date.



### INDIVIDUAL TRAINING PLAN

If you're looking to jump-start your fitness routine or are training for a specific goal, try our Individualized Training Plan!

- Individual Training plans include:
  - 30-Minute Consultation to talk about your overall fitness goals.
  - Customized 4–6-week fitness plan.
  - A 45-minute session with your trainer to go over your fitness plan.



### GROUP TRAINING

*Groups of 2-4*

Add additional motivation and accountability to your routine with Group Personal Training. Building group training sessions into your weekly workout routine will give you a structured foundation from which to build strength, lose weight or tone your body. Just like one-on-one personal training, group training sessions hold you accountable for turning up and putting 100% effort into your workout.

# INDIVIDUAL TRAINING

## MONTHLY SESSIONS

	8 sessions	12 Sessions	16 Sessions
30 Minutes	\$264	\$396	\$528
45 Minutes	\$400	\$600	\$800

## SINGLE SESSIONS

Session Length	Cost
30 Minutes	\$40
45 Minutes	\$58
60 Minutes	\$74

## INDIVIDUAL TRAINING PLAN - \$115

# GROUP TRAINING

## MONTHLY SESSIONS

	8 sessions	12 Sessions	16 Sessions
30 Minutes	\$184.80	\$277.20	\$369.60
45 Minutes	\$280	\$420	\$560

## SINGLE SESSIONS

Session Length	Cost
30 Minutes	\$28
45 Minutes	\$41
60 Minutes	\$52

GROUP TRAINING  
\*2-4 PARTICIPANTS  
\*PRICES LISTED ARE PER PERSON