

PERSONAL TRAINING

Package Options	Price Per Hour	Price Per Package	Payment Plan?
1 Hour	\$55	\$55	No
5 Hours	\$50	\$250	No
10 Hours	\$45	\$450	Yes
20 Hours	\$40	\$800	Yes



Work with a Trainer

Personal trainers at the Link are nationally certified and are here to help you with all of your fitness goals, including:

- Weight Loss, toning
- Improving metabolism
- Increasing mobility
- Assisting with functional fitness

Training Sessions

Your personal training sessions can be scheduled for 60-minutes or split into two 30-minute sessions.

Personal Assessments

All packages of 10 or more sessions include 60 minutes of individual assessments to ensure that we fully understand your goals and needs.