

Personal Training with Bronson Wellness Center



Looking to get the most out of your workouts? A personal trainer can help you reach — and exceed — your health and fitness goals. Whether you're new to working out or a seasoned athlete, you and your trainer will work together to create a plan that incorporates the right exercises and the right nutrition to help you get the results you're looking for.



Personal Trainers

Why work with a personal trainer?

- The way you move matters. They'll help you perfect your form.
- Your time matters! Workouts are quick and efficient.
- You'll workout smarter, not harder.

Make the investment in a healthier and more fit you.

To get started with a personal trainer, call (269) 639-2949 and ask to schedule your free one-on-one consultation.

Training package options

Pricing below is for Bronson Wellness Center members.

Non-member pricing is available upon request.

- 30 minute single session: \$30
- 60 minute single session: \$50
- 60 minute dual session: \$75
- Five 30 minute sessions: \$135
- Ten 30 minute sessions: \$270
- Five 60 minute sessions: \$225
- Ten 60 minute sessions: \$450

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consultation!



BRONSON
WELLNESS
CENTER