

BENTWOOD FITNESS INSTRUCTION

Fitness Center Hours of Operation

Mon.-Thurs. 5:30am-9:00pm

Fri. 5:30am-8:00pm

Sat. 7:00am-7:00pm

Sun. 11:00am-5:00pm

Personal Training Packages:

One hour sessions

	1 session	8 sessions	12 sessions	24 sessions
Single	\$60mem \$70non	\$440mem \$ 520non	\$600mem \$720n	\$1080m \$1320n
Two /Couple	\$90m \$100n	\$640m \$720n	\$840m \$960n	\$1440m \$1680n
Three	\$125m \$140n	\$720m \$840n	\$970m \$1150n	\$1800m \$2160n
4 or more	plus \$30 each/\$35n	plus 27 each / \$32n	plus25 each / \$30n	plus22 each / \$27n
*Fitness Asses.		\$15		
Body Fat Asses.		\$5		

*If member signs up for training the fitness assessment will be credited on purchase of personal training package.

*Plus \$10/hour session for non members. \$5/nonmember/session for 2 or more for each additional non-member.

Group Class Prices:

Member Rate

Non Member Rate

		Member Rate	Non Member Rate
Single Class	1 class	\$3.00	
Punch Card	15 classes	\$37.50	
Punch Card	30 classes	\$60.00	
Kids Yoga	per class	\$5.00	\$10.00
Monthly "Challenger"	per class	\$10.00	\$20.00
Youth Sports Camp	1 class/wk 2 class/wk	\$20.00 / \$30.00	\$35.00
Bootcamp	6 week 3 x per week	\$125.00	\$145.00
Bootcamp	6 week 2 x per week	\$100.00	\$120.00

*Bootcamp will include body fat measurement and nutritional guidance.

*Bootcamp, Sports Camps, & Kids Yoga are specialty classes and not part of the punch/card group classes.

Gym Etiquette Class (15 minute informational) - Free

Sat. Oct 1 8:45am, 10:45 am

Mondays in Oct 10am, 6:30pm

Sun. Oct 2 12:30pm, 4:00pm

Sundays in Oct 12:30pm, 4:00pm