

Small Group Training

Take your training to the next level with a semi-private experience. Share a personal trainer for a lower cost with your friends, family or coworkers. Your trainer will work with each individual to meet his or her goals, whether the group is large or small.

Choose from any of our 30-minute to 1-hour classes listed on our Small Group schedule, including:

- Kinesis (reserve your class at the front counter at least 24 hours in advance)
- Garage Fit
- Basic Training
- Kettlebells

We also offer Youth Small Group Personal Training classes, including:

- Garage Fit
- Kinesis (reserve your class at the front counter at least 24 hours in advance)

Pricing Options

UNLIMITED MONTHLY.....	\$72
PACKAGES:	
5 Sessions.....	\$45
10 Sessions.....	\$85
20 Sessions.....	\$160
Drop-In Rate:.....	\$9
Youth Drop-In Rate:.....	\$5

Training A La Carte

Individual Training

1 Session.....	\$40
3 Sessions.....	\$114
6 Sessions.....	\$228
10 Sessions (1 free).....	\$380

Couples Training

3 Sessions.....	\$174
6 Sessions.....	\$348
10 Sessions (1 free).....	\$580



Fitness Analysis

Our trainers will take your weight, body fat, and body measurements to help you set your personal goals.
 Cost..... \$20

Nutrition Seminars

Our nutrition advisors want to work with schools, churches, health-related organizations and families to present customized seminars to promote life-long health.

Cost.....\$250

**SmartKeys also available.
 Ask at the front counter.**



Personal Training

For those serious about making permanent changes, one-on-one personal training provides the best way to maximize your workout and have a personalized workout made just for you. Our trainers will help you:

- Feel good and get results
- Reach your fitness and lifestyle goals
- Reach your peak performance
- Motivate and Inspire you to stay on track
- Provide safe and effective exercise
- Change your life

Complete Fitness

Individual..... \$220
 Includes: 3 hrs Personal Training;Fitness Analysis; 1 hr Nutrition; Wellness Key and Assessment; T-shirt

Fitness & Nutrition

Individual..... \$140
 Includes: Body Fat Stats-BMI; Basic Nutrition Education; 2 Hours of Personal Training

Nutrition Basics

1 Session - 1 Hour
 Individual..... \$62
 Additional hours..... \$50
 Includes: Body Fat Stats-BMI; Basic Nutrition Education; Individual Meal Plan

Buddy Packages also available. Ask about more convenient packages at the front counter.

EXPERIENCE RESULTS

“After joining the High Blue Wellness Center, I couldn’t stick to any exercise long enough to see results. After hiring a trainer, my fitness goals began to be realized. With life, sometimes you have setbacks, but with a trainer that keeps you motivated, you get back on track in no time. Hiring a trainer has been the best investment in me that I could have ever made. I will continue a life of fitness and health at High Blue.”

EXPERIENCE A HEALTHIER YOU



PERSONAL TRAINING



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