

PERSONAL TRAINING POLICIES

Sessions are 60 or 30 minutes. Please be dressed and ready to train at the time you are scheduled to ensure you get your full training session. Please note, to keep the trainer on schedule, if a session begins late due to client tardiness, it may end at the scheduled time.

Expiration: Purchases of up to 15 consecutive sessions expire after three consecutive calendar months. Packages of 50 sessions expire after 12 months. Exceptions may be made at your trainer's discretion.

Cancellation and No Show Policy: Clients must cancel 24 hours in advance or they will forfeit the session.

Emergency: Rescheduling will be at the trainer's discretion.

Refund: A refund will be issued for unavoidable circumstances such as medical or relocations.



GET IN TOUCH WITH US!

📍 400 Collins Road NE

☎ 319-295-2552

✉ jamie.sands@collins.com

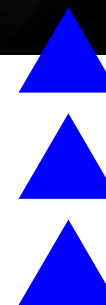
🌐 collinsaerospacereccenter.com

The Collins Aerospace Rec Center Fitness Team is highly educated and experienced in physical fitness. All ACSM certified Exercise Physiologists hold a bachelor's degree in a health/fitness field. All personal trainers have current personal training certifications.



PERSONAL TRAINING

**TAKE YOUR WORKOUT TO
THE NEXT LEVEL**



Collins Aerospace

REC CENTER

PERSONAL TRAINING PROVIDES

- One-on-one workout coaching with a fitness professional.
- Increased motivation and accountability to help clients reach their goals and peak fitness potential.
- Time efficient workouts for those with busy schedules.
- An effective way to manage weight.
- Variety to keep your mind and body from burning out or hitting a plateau.

PRICING

SINGLE SESSIONS

Single 60-minute sessions

1 session	\$48
5 session pkg	\$230
10 session pkg	\$450
15 session pkg	\$615
30 session pkg	\$1200
50 session pkg	\$1950

Single 30-minute sessions

1 session	\$29
5 session pkg	\$135
10 session pkg	\$260
15 session pkg	\$360
30 session pkg	\$690
50 session pkg	\$1100

BUDDY SESSIONS

Buddy 60-minute sessions (cost per individual)

1 session	\$31.50
5 session pkg	\$142.50
10 session pkg	\$275
15 session pkg	\$375
30 session pkg	\$735
50 session pkg	\$1200

Buddy 30-minute sessions cost per individual)

1 session	\$17
5 session pkg	\$80
10 session pkg	\$150
15 session pkg	\$210
30 session pkg	\$412.50
50 session pkg	\$675

PERSONALIZED SMALL GROUP TRAINING (3-5)

Group 60-minute sessions (cost for group)

1 session	\$83
5 session pkg	\$373
10 session pkg	\$692
15 session pkg	\$956
30 session pkg	\$1875
50 session pkg	\$3100

Group 30-minute sessions (cost for group)

1 session	\$40
5 session pkg	\$190
10 session pkg	\$362
15 session pkg	\$515
30 session pkg	\$1020
50 session pkg	\$1670

