

PERSONAL TRAINING



The goal of our personal trainers is to help you identify your goals and achieve them by creating a personalized fitness plan.

When you join The Station, you will receive a free fitness orientation with one of our certified staff members. During the fitness orientation you will learn how to use the fitness equipment for your needs, set personal goals to achieve a healthy lifestyle and most importantly learn how fitness is fun.

SMALL GROUP SESSIONS: Work out with a partner (2 or more participants required at registration)

\$40 per 1 hour session (per person)

\$50 per 1 hour session

\$250 for 5 sessions

\$450 for 10 sessions

For more information visit the front desk to schedule your Personal Training session today!

www.cityofmoore.com/fun

For more information call Moore Parks & Recreation at (405) 793-5090



City of Moore
MOORE, OKLAHOMA