



Personal Training

Personal Training at GLAC is a great way to build a solid fitness routine that works for you. Whether your goal is athletic performance such as running or golf, recovering from an injury, achieving a healthy weight or building muscle, we've got a plan for you! Contact Regan@glac.club for scheduling.

<u>PT Training Sessions</u>	<u>Member</u>	<u>Nonmember</u>
Single/60 minute	\$50	\$60
Partner/60 minute	\$30/person	\$40
Single/30 minute	\$35	\$45
Small Group/minimum 3 people	\$20/person	\$30
Myzone Switch	\$79+tax	Nonmember \$89+tax

Small Group Training Program

Monthly Fee Applies

FiT: A program for women, coached by Stephanie Murdock and Bethani DeSantis, designed to help you achieve your next level of individual fitness, while gaining energy and confidence no matter what season of life you're in.

FiT+: This program includes nutritional coaching along with the FiT training classes. Over three months you will develop improved eating habits for better results.

Personal Run and Triathlon Coaching available by appointment. Fees apply