



Something for Every **BODY**

SportsPlex Personal Training Rates

Our trainers have the experience and education to provide you with the best fitness experience possible. People of all ages have the opportunity to meet their fitness and wellness goals through personal training.

One Hour Sessions

One hour sessions are recommended for a total body workout and flexibility training.

Member Packages	Cost Per Session	Total Cost
1 session	\$50.00	\$50.00
3 sessions	\$40.00	\$120.00
6 sessions	\$37.00	\$222.00
10 sessions	\$35.00	\$350.00

Half Hour Sessions

30 minute sessions are perfect for those with specific goals and busy schedules.

Member Packages	Cost Per Session	Total Cost
1 session	\$34.00	\$34.00
3 sessions	\$28.00	\$84.00
6 sessions	\$26.00	\$156.00
10 sessions	\$24.00	\$240.00

For more information or to schedule your first personal training session please call (334) 705-2486 or email LGallagher@opelika-al.gov.