

SEMI-PRIVATE PERSONAL TRAINING



2020 Cheyenne Court
Grafton, WI 53024

262.375.4577

Get all the benefits of personal training at a fraction of the price!

The Form & Fitness semi-private personal training membership is the first of its kind in Ozaukee county. **This exciting new approach to working out** focuses on functional training, which gets you up and moving in small groups (2-4 people) working on exercises that will help you:

- **LOSE WEIGHT**
- **TONE MUSCLES**
- **INCREASE STRENGTH for all the activities that you want to do in your life!**

In a semi-private training session you are coached by one of our expert personal trainers through a challenging, but fun functional training workout. These workouts will burn a high volume of calories while toning your muscles and increasing your cardiovascular fitness levels. Our semi-private workout include all the fun exercise toys! Kettlebells, TRX straps, Ropes gone wild and many more!

Semi-private clients can choose from up to 20 semi-private training times each week! The semi-private *unlimited* membership also includes unlimited boot camps.



SEMI-PRIVATE PRICING

(May be used to set semi-private sessions off the semi-private schedule)

Single Session\$30

6 Pack\$150

12 MONTH PROGRAM PRICING

(Must be using on the semi-private schedule)

Includes Simple Membership

4 Semi-Private a Month\$99/month
\$79 Enrollment

Unlimited\$159/month
\$79 Enrollment

*No multiple member discounts

ADD-ON OPTIONS FOR EXISTING MEMBERSHIPS OR FOR NON-MEMBERS

(Must be used on the semi-private schedule)

3 Month Program

4 Semi-Private a month (member)\$84/month

Non-member (includes simple access)\$129/month

Unlimited (member).....\$139/month

Non-member (includes simple access)\$189/month

Remember that this type of class allows for folks of all different fitness levels to participate together and go at their own speed.

*Members may freeze membership in blocks of (1) one month or greater but payments continue.
** Training sessions do not rollover into following month.

These workouts are great and I have total flexibility to schedule into any semi-private time I want each week to get my workout in! - D.H. Form and Fitness semi-private member