



CENTER FOR
**Movement &
Wellbeing**

Personal Training

Individual Training

All personal training packages begin with a comprehensive fitness assessment (VO₂, body composition, and movement screens). From there, we create a personalized plan tailored to your goals and availability. Each 60-minute, one-on-one session is led by a student intern and includes customized workouts with a warm-up and cool-down.

Single Session - \$45

*Available after an assessment - options listed on website

8 Session Package - \$399

*1x per week for 8 weeks

*2x per week for 4 weeks

16 Session Package - \$699

*2x per week for 8 weeks

24 Session Package - \$999

*4x per week for 6 weeks

*3x per week for 8 weeks

*2x per week for 12 weeks

Semi-Private Training

In semi-private training, you'll receive the same core elements as individual training, while working alongside a partner or small group of 2–4 people. Fitness assessments are less in-depth, making this a more cost-effective option for personal training.

Single Session - \$35

*Available after an assessment - options listed on website

8 Session Package - \$299 per person

*1x per week for 8 weeks

*2x per week for 4 weeks

16 Session Package - \$549 per person

*2x per week for 8 weeks

24 Session Package - \$749 per person

*4x per week for 6 weeks

*3x per week for 8 weeks

*2x per week for 12 weeks

Phone: 574-378-7447

Email: Movewell@grace.edu

**Address: Gordon Health and Wellness Center, 100 Publishers Dr,
Winona Lake, IN 46590**

Website:
[Grace.edu/about/the-center-for-movement-and-wellbeing/](https://grace.edu/about/the-center-for-movement-and-wellbeing/)