



CENTER FOR

**Movement & Wellbeing**

# Personal Training

## Individual Training

All personal training packages begin with a comprehensive fitness assessment (VO<sub>2</sub>, 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

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[Grace.edu/about/the-center-for-movement-and-wellbeing/](http://Grace.edu/about/the-center-for-movement-and-wellbeing/)**