

Personal Training

Sign up for All Access and Save!

Weekly payment plans for Personal Training Services may be arranged

| Half Hour Package | Individual Sessions | | | | Partner Training Sessions (Cost Each) | | |
|-------------------------|---------------------|----------|----------|----------|---------------------------------------|----------|----------|
| | 1 | 5 | 10 | 20 | 5 | 10 | 20 |
| All Access Passport | \$21.00 | \$92.40 | \$183.00 | \$342.00 | \$75.00 | \$132.00 | \$240.00 |
| <i>Cost per Session</i> | \$21.00 | \$18.48 | \$18.30 | \$17.10 | \$15.00 | \$13.20 | \$12.00 |
| General Members | \$35.00 | \$154.00 | \$305.00 | \$570.00 | \$125.00 | \$220.00 | \$400.00 |
| <i>Cost per Session</i> | \$35.00 | \$30.80 | \$30.50 | \$28.50 | \$25.00 | \$22.00 | \$20.00 |
| Residents | \$39.00 | \$171.00 | \$347.00 | \$633.00 | \$138.00 | \$242.00 | \$440.00 |
| Non-Residents | \$46.00 | \$202.00 | \$410.00 | \$748.00 | \$150.00 | \$300.00 | \$520.00 |

| Hour Package | Individual Sessions | | | | Partner Training Sessions (Cost Each) | | |
|-------------------------|---------------------|----------|----------|----------|---------------------------------------|----------|----------|
| | 1 | 5 | 10 | 20 | 5 | 10 | 20 |
| All Access Passport | \$30.00 | \$145.80 | \$232.20 | \$415.80 | \$178.80 | \$199.80 | \$291.60 |
| <i>Cost per Session</i> | \$30.00 | \$29.16 | \$23.22 | \$20.79 | \$35.76 | \$19.98 | \$14.58 |
| General Members | \$50.00 | \$243.00 | \$387.00 | \$693.00 | \$298.00 | \$333.00 | \$486.00 |
| <i>Cost per Session</i> | \$50.00 | \$48.60 | \$38.70 | \$34.65 | \$59.60 | \$33.30 | \$24.30 |
| Residents | \$55.00 | \$270.00 | \$429.00 | \$769.00 | \$220.00 | \$369.00 | \$539.00 |
| Non-Residents | \$65.00 | \$319.00 | \$507.00 | \$909.00 | \$260.00 | \$436.00 | \$637.00 |

| Small Group Package | Participants (Cost Each) | | | |
|-------------------------|--------------------------|----------|----------|---|
| | 10 Sessions | 3 | 4 | 5 |
| All Access Passport | \$110.40 | \$104.10 | \$95.40 | |
| <i>Cost per Session</i> | \$11.04 | \$10.44 | \$9.54 | |
| General Members | \$184.00 | \$174.00 | \$159.00 | |
| <i>Cost per Session</i> | \$18.40 | \$17.40 | \$15.90 | |
| Residents | \$204.00 | \$193.00 | \$176.00 | |
| Non-Residents | \$241.00 | \$228.00 | \$208.00 | |

Manassas Park Community Center offers experienced and qualified Personal Trainers to meet all of your fitness needs and maximize your fitness potential. Our advanced trainers provide a variety of exciting and diverse fitness programs that ensure client safety, improve fitness levels, increase stamina, and enhance your overall sense of well-being.



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