

# Personal Training

## PERSONAL TRAINING PRICES

HALF HOUR SESSIONS: **\$30-\$40**

Full hour sessions are also available.

Session prices based on number of sessions per week.

Your 1<sup>st</sup> 30 minute Personal Training Consultation is Free!

Contact the Head of Personal Training

Mike DeRose for Scheduling:

623-980-6031

[westvalleypersonaltraining01@gmail.com](mailto:westvalleypersonaltraining01@gmail.com)

Your Personal Training Starts Here!

Call Today: 623-980-6031

## Our SERVICES

STABILITY  
Building



STRENGTH  
Training



TOTAL BODY  
Fitness



CARDIOVASCULAR  
Health



## THE FITNESS TEAM



Michael DeRose



Carlos Cano



Jim Spalding



Jill Vanderbunt



Jenna Nettles



John Piecuch