

Cape Girardeau Parks & Recreation Department

Personal Training

Personal Training Rates

- 30min session - \$20
- 5 x 30min - \$90
- 10 x 30min - \$160
- 60min session- \$30
- 5x 60min - \$135
- 10x 60min - \$240

Partner Training Rates

- 30 min session - \$20 a person
- 5x 30min- \$80 per person
- 10x 30min- \$140 per person
- 60 min session - \$30 per person
- 5x 60min- \$ 120 per person
- 10x 60min - \$210 per person

Group Training (3-5)

- 30 min session - \$20 a person
- 5x 30min- \$75 per person
- 10x 30min- \$130 per person
- 60 min session - \$30 per person
- 5x 60min- \$ 112.50 per person
- 10x 60min - \$195 per person

Fitness Assessment

- One session - \$20

Need a little extra help meeting your fitness goals? Our fitness staff here at the Cape Girardeau Parks & Recreation Department can help! We are here to motivate, provide advice, and just give you that little extra nudge you need to meet your fitness goals. Our personal trainers will design a personalized workout program to meet your specific goals.

Why use a personal trainer?

- Extra motivation
- Training for an upcoming event
- Better body composition
- Weight loss
- Overall health

What to expect?

- A personalized workout program tailored to your goals.
- Moral support throughout your weight loss journey.
- Tracking of your overall progress using fitness assessments and basic measurements.

Do you want to assess your fitness level without the commitment of signing up for a personal training package? We offer stand-alone fitness assessments as well!

Stop by the Osage Centre fitness desk to check out our personal trainer bios to see which trainer best fits your needs!

For more information call Suzanne at the Osage Centre at (573) 339-6736.



