

Personal Training

Time to take care of you!

Ready to reach your goals?
Need expert advice?
Avoid injury?
Get tone & fit?
Let's get started!



Set goals and expect results when working out with our personal training staff. Our trainers will design a workout program to meet your specific needs.

Individual Personal Training	60 Minutes	30 Minutes
1 session	\$30	\$20
5 sessions	\$135	\$90
10 sessions	\$240	\$160
Partner Personal Training	60 Minutes	30 Minutes
1 session	\$30	\$20
5 sessions	\$120	\$80
10 sessions	\$210	\$140
Group Personal Training	60 Minutes	30 Minutes
1 session	\$30	\$20
5 sessions	\$112.50	\$75
10 sessions	\$195	\$130

Need help setting up your own plan but don't need a trainer by your side?

Individualized & Partner Consultations are now available!

Get 4-6 week individualized meal plan, individualized fitness plans, or both!

Great for fitness competitions, strengthening & weight loss!

Set up your appointment today!

Contact Christine Paige, Fitness & Wellness Coordinator

Call #: 573.339.6604 ~ E-Mail: cpaige@cityofcape.org



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

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