



Personal Training

Rates & Offerings



Personal Training by the Hour

Available for members, non-members & groups.

A certified personal trainer develops a workout with you, your goals, and ability level in mind.

Receive 1-on-1 coaching from our experts with a-la-carte or package options.

Quantity	Members	Non-Members
One Hour <small>(2 Half Hours)</small>	\$54	\$65
3 Hours <small>(6 Half Hours)</small>	\$155	\$185

Quantity	Dual Training Members	Dual Training Non-Members	Group (3+) Members	Group (3+) Non-Members
1 Hour <small>(2 Half Hours)</small>	\$45 <small>Per Person</small>	\$55 <small>Per Person</small>	\$40 <small>Per Person</small>	\$50 <small>Per Person</small>
3 Hours <small>(6 Half Hours)</small>	\$120 <small>Per Person</small>	\$150 <small>Per Person</small>	\$110 <small>Per Person</small>	\$140 <small>Per Person</small>

Challenges

Consistent challenge leads to change!

May be split into monthly installments.

Duration	Members	Non-Members
12 Week <small>2 Sessions Per Week</small>	\$588	\$687 <small>Incl. 12 Weeks of Membership + Waived Initiation Fee if Joining</small>
8 Week <small>Continuation</small>	\$384	Members Only
6 Week <small>2 Sessions Per Week</small>	\$300	Members Only

Mobility+

Assisted Stretching & Mobility Training

Build range of motion & flexibility with the assistance of a trainer.

Duration	Members	Non-Members
15 Minutes	\$13.50	\$16.25
4 Pack & 8 Pack Available at a Package Rate.		

Assessment

Know where you are - get where you want to be!

Service	Members	Non-Members
Wellness Profile <small>Fitness, Mobility & Body Comp Testing</small>	\$25	\$40
Body Composition <small>Analysis Only</small>	\$25	\$40

Member Specials!	
4-Pk (30 Min Sessions)	\$105
8-Pk (30 Min Sessions)	\$205

Recovery *(over)*

Acupuncture, Cupping Therapy, & Cryotherapy





Recovery Offerings & Information

Recover Faster

Holistic solutions for recovery, relaxation & rejuvenation.

Acupuncture

Acupuncture has been a holistic go-to medicine for many individuals seeking to improve

- Appetite Control
- Inflammation
- Joint & Muscle Pain
- Mental & Medical Conditions
- Relaxation & Sleep



And much more!

Service	1 Session	6PK Sessions
Acupuncture With our Licensed Acupuncturist	\$69	\$390
Cupping Therapy With our Licensed Acupuncturist	\$69	\$390

Cupping Therapy

Our licensed acupuncturist applies therapeutic cups that utilize vacuum pressure to manipulate blood flow, helping to improve

- Muscle Fiber Repair
- Fascia Release
- Inflammation Reduction
- Range of Motion
- Relaxation



Free Consultation!

Meet with Ashlee, Dipl. Ac., Licensed Acupuncturist
Call 269-552-2348 to Schedule

Cryotherapy

Member Discounts at US Cryotherapy



Bring your member card & SAVE on rejuvenating treatments that accelerate recovery, including:

- Cryotherapy (Chamber or Localized)
- Facial Rejuvenation
- Compression Therapy
- Theragun Massage
- Red Light Therapy & IR Sauna

And more! Visit uscryotherapy.com

Only At US Cryotherapy

ABHF Member Exclusive Savings!

Cryo Chamber

1st Visit FREE

When you bring another person

Spa Service Day

\$35

First Visit. Incl. ALL Services!

Month Pass: \$119 (Reg. \$180!)