

HOURS OF OPERATION

Monday: 5:00a – 10:00p

Tuesday: 5:00a – 10:00p

Wednesday: 5:00a – 10:00p

Thursday: 5:00a – 10:00p

Friday: 5:00a – 10:00p

Saturday: 7:00a – 8:00p

Sunday: 7:00a – 8:00p



BETHANY ATHLETIC CLUB

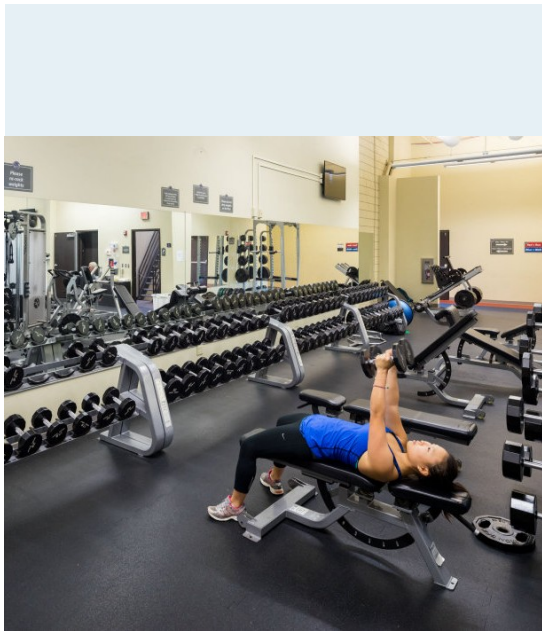


BETHANY
ATHLETIC CLUB

**PERSONAL
TRAINING**

*15670 NW Central Drive
Portland, OR 97229
971-371-7600*

www.bethanyathleticclub.com



Benefits

- Quicker results
- Learn proper technique and form
- Injury prevention and rehab
- Accountability and motivation
- Help you achieve fitness goals
- Personalized fitness program
- Exercise innovation
- Sport specific training
- Workout more efficiently and effectively

PERSONAL TRAINING RATES

MASTER TRAINER RATES — 50 minute sessions

1 session	\$ 95.00	
4 sessions	\$ 360.00	\$ 90.00/session
8 sessions	\$ 680.00	\$ 85.00/session
12 sessions	\$ 960.00	\$ 80.00/session
20 sessions	\$ 1,400	\$ 70.00/session

PERSONAL TRAINER RATES -- 50 min sessions

1 session	\$ 85.00	
4 sessions	\$ 320.00	\$ 80.00/session
8 sessions	\$ 600.00	\$ 75.00/session
12 sessions	\$ 840.00	\$ 70.00/session
20 sessions	\$ 1,200	\$ 60.00/session

GROUP TRAINING (3 or more people)*

4 sessions	\$ 160.00	\$ 40.00/session
8 sessions	\$ 240.00	\$ 30.00/session
12 sessions	\$ 300.00	\$ 25.00/session

*Prices for group training are per person

MASTER TRAINER RATES — 30 min sessions

4 sessions	\$ 240.00	\$ 60.00/session
8 sessions	\$ 440.00	\$ 55.00/session
12 sessions	\$ 600.00	\$ 50.00/session
20 sessions	\$ 900.00	\$ 45.00/session

PERSONAL TRAINER RATES - 30 min sessions

4 sessions	\$ 220.00	\$ 55.00/session
8 sessions	\$ 400.00	\$ 50.00/session
12 sessions	\$ 540.00	\$ 45.00/session
20 sessions	\$ 800.00	\$ 40.00/session

