

# PERSONAL TRAINER SPECIAL

## 50% OFF YOUR FIRST 8-PACK OF SESSIONS

Membership Required | Only 1 discounted 8-pack per person | Offer expires September 30, 2023

Visit the Herbert Wellness Center Sales Office to sign-up.  
Promo code: PTSTU23

### Student Member Pricing

Individual	Buddy	Small Group
\$112.00	\$143.50	\$246.50

Save even more, attend personal training with other people for a reduced session rate!

Buddy Passes: training sessions with one friend

Small Group: training sessions with two to five people

### Why get a Personal Trainer?

- Enhance overall health and quality of life
- Update fitness assessments and goals
- Increase fitness or performance level
- Knowledgeable guidance
- Overcome plateaus
- Motivation

