

PERSONAL TRAINING AT HZF!!!

Offering affordable Personal Training is the key to our success and your key to reach your goals, change your health...change your life!

Adult Training

For Everyone (age 18 - 99)

Whether there's a goal, injury recovery, wellness issue, or just to kick start or renew your path to fitness our certified trainers will work with you to guide and lead you to success!

Rates: (per 60 minute session)

- 1 session per week - \$25 per session
- 2 sessions per week - \$20 per session
- 3 sessions per week - \$15 per session

Youth Training

Whether they're training for a specific sport, with friends, or as a great after school activity, training with a certified youth professional is important!

Rates: (per 45minute session)

Ages 8 - 17 \$12 per 45 min session

Small Group and Couple Training

Share the cost of training with a friend, partner, or family member. A fun & rewarding way to get fit!

Rates: (per 60 minute session for 2 clients)

- 1 session per week - \$45 per session
- 2 sessions per week - \$36 per session
- 3 sessions per week - \$27 per session

Run Coaching

Everyone can train for a race, or learn how to run! HZF's Run Coach can provide you exactly what you need to succeed!

Running Plans (8 -12 wks) for specific race or goal just **\$25**

Weekly Run Training Plan+ includes running plan plus weekly consultation with your own running coach.

8 wks \$65 (or) 12 wks \$85

Weekly One-on-One Run Coaching Run every week with your own running coach! A great way to train for the big race. Personal Training rates apply.



Harmony **ZONE**
FITNESS
Fitness in **Harmony** with your busy life