

FIT FOR YOU

We know that your path to wellness needs to be as individualized as you are— that's why we've created Fit For You personal training packages to help you achieve your wellness goals. The Bever Wellness Center can provide you with your own personal trainer to help you learn how to get in shape safely and effectively, recover from an injury, enhance your current workout, or help you set goals and motivate you to succeed.

Our experienced team of personal trainers will assist you with setting your goals and dedicate their time to helping you achieve the results you desire. All sessions are customized to meet your individual needs. Types of program options include:

CARDIOVASCULAR FITNESS

FLEXIBILITY TRAINING

STRENGTH & BODY DEVELOPMENT

FUNCTIONAL FITNESS

LOW IMPACT AQUATIC TRAINING

PRICING

45 minute session for \$30

Five 45 minute sessions for \$120

Purchase a Total Body Package which includes five 45 minute personal training sessions & a 60 minute massage for \$170.

Gift Certificates are available.

Call To Make Your
Appointment Today

Michelle Buker, BA, CPT
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