# SET YOUR FITNESS GOALS AND CONQUER THEM WITH PERSONAL TRAINING

Personal training is personal! Everybody has unique needs and goals. Our fitness professionals possess nationally-accredited certifications that enable them to design a program that is specific to you. Personal training will ensure that your exercise regimen is safe and effective. Enhance your results with the guidance of our personal trainers to achieve your goals:

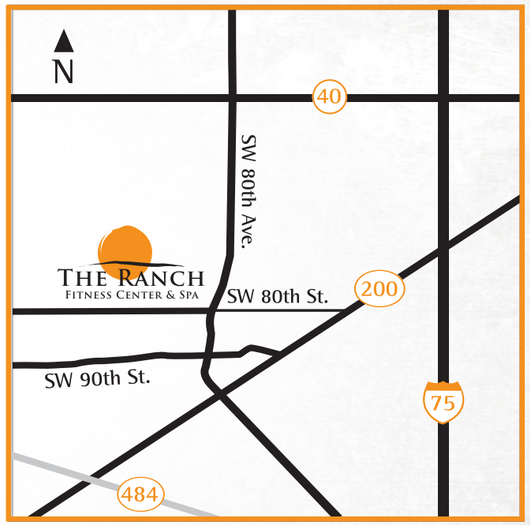
- **Manage weight**
- **Increase strength**
- **Improve cardiovascular health**
- **Improve balance and function**
- **Enhance sport performance**

## FITNESS CENTER AND TRAINING HOURS

**MONDAY - THURSDAY** 5:30 am - 9 pm
**FRIDAY** 5:30 am - 8 pm
**SATURDAY** 7 am - 5 pm
**SUNDAY** 8 am - 4 pm

## SPA & SALON HOURS

**MONDAY - THURSDAY** 9 am - 6 pm
**FRIDAY** 9 am - 5 pm
**SATURDAY** 9 am - 5 pm




THE RANCH
FITNESS CENTER & SPA

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TheRanchFitnessSpa

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10299-5/19

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THE RANCH
FITNESS CENTER & SPA

# FITNESS CENTER

- Nautilus One, revolutionary strength technology
- FreeRunner Treadmills, superior cushioning and responsiveness
- Functional trainer free weight area
- Indoor warm-water pool
- Ladies & Gentlemen locker rooms
- Steam and sauna rooms
- Free fitness center orientation
- Body Composition Analysis

# GROUP FITNESS

- CARDIO
- STRENGTH
- CYCLE
- YOGA
- AQUA
- ZUMBA®



## F.I.T. with TRX®

**FUNCTIONAL INTEGRATED TRAINING**

**'F.I.T. with TRX®'** is a small group-training format that provides individual attention with safety and success. TRX® is a method of suspension training that leverages your body weight against gravity. These exercises easily and efficiently train all the major muscle groups in the body. TRX® training focuses on building core stability, strength and balance. F.I.T. with TRX® offers versatile programming that is perfect for both new exercisers and seasoned athletes.

Visit TheRanchFitnessSpa.com for complete schedules



## SELECT A PERSONAL TRAINING PACKAGE TO ACCOMPLISH YOUR FITNESS GOALS

**Since everyone has unique goals, we offer a variety of program formats to meet your needs. The personal training packages are available for one-on-one and small group sessions:**

| ONE-ON-ONE PERSONAL TRAINING PACKAGE (FULL SESSION) | | | | | |
|---|---|---|---|---|---|
| # of Full Sessions | 1 | 6 | 12 | 24 | 36 |
| Cost/Session | $52 | $47 | $45 | $39 | $37 |
| Total Investment | $52 | $282 | $540 | $936 | $1,332 |

| ONE-ON-ONE PERSONAL TRAINING PACKAGE (1/2 SESSION) | | | | | |
|---|---|---|---|---|---|
| # of 1/2 Sessions | 1 | 6 | 12 | 24 | 36 |
| Cost/Session | $32 | $29 | $26 | $22 | $20 |
| Total Investment | $32 | $174 | $312 | $528 | $720 |

| SMALL GROUP TRAINING - 2 MEMBERS (FULL SESSIONS / PER PERSON) | | | | | |
|---|---|---|---|---|---|
| # of Full Sessions | 1 | 6 | 12 | 24 | 36 |
| Cost/Session | $33 | $31 | $28 | $25.50 | $24 |
| Total Investment | $33 | $186 | $336 | $612 | $864 |

| SMALL GROUP TRAINING - 4 MEMBERS (FULL SESSIONS / PER PERSON) | | | | | |
|---|---|---|---|---|---|
| # of Full Sessions | 1 | 6 | 12 | 24 | 36 |
| Cost/Session | $27 | $24.50 | $22 | $19.50 | $18 |
| Total Investment | $27 | $147 | $264 | $468 | $648 |

| SMALL GROUP TRAINING - 6 MEMBERS (FULL SESSIONS / PER PERSON) | | | | | |
|---|---|---|---|---|---|
| # of Full Sessions | 1 | 6 | 12 | 24 | 36 |
| Cost/Session | $24 | $21.50 | $19 | $16 | $15 |
| Total Investment | $24 | $129 | $228 | $384 | $540 |

**A Full Personal Training Session is fifty minutes. Sessions can be rescheduled with 48 hours notice.**



# Spa & Salon

Escape into an environment where quiet and calm soothe your body, mind and spirit while you experience a relaxing spa journey.

Emerge refreshed from a sanctuary where you will receive expert and personalized service. In the Spa, choose from an array of massages and body treatments designed to soothe and revitalize you. Our Salon offers a full selection of hair and nail services. Receive complimentary access to our full service fitness center, indoor warm water pool and ladies or gentlemen locker rooms with private sauna and steam rooms.

## Expect Excellence

- Full service Salon with hair care.
- Robes, sandals and day use lockers are available during your service.
- Spa attendants on duty to ensure we accommodate your requests.
- Review our Spa and Salon services online at **TheRanchFitnessSpa.com**

