



Hammock Beach™

GOLF RESORT & SPA



# PERSONAL TRAINING SESSIONS

*One-on-One Instruction giving you the expert guidance you need to reach your healthy lifestyle goals.*

## *À la Carte Sessions*

- ✓ Half-hour Training Session **\$45**
- ✓ Hour Training Session **\$65**

**SAVE \$10 PER SESSION WHEN YOU PURCHASE A PACKAGE.  
PACKAGES ARE SOLD IN SETS OF 5 OR 10 SESSIONS.**

## *Packages*

- ✓ Half-hour Training Package **\$35**
- ✓ Hour Training Package **\$55**

## *Special Sessions*

- ✓ Hour Couple's Training Session **\$80**
- ✓ Hour Small Group Training Session (3-6 People) **\$100**

**CALL FOR ADDITIONAL  
INFORMATION**



**386.246.5589**