



# WHAC Personal Training

*Why hire a personal trainer at West Hills?*



**Because quality of life matters.**



When you invest in a trainer at West Hills you are making a commitment to yourself and the people in your life who are important to you. Our trainers are experienced, educated professionals that will keep you on track to achieve your health, fitness and weight loss goals. Our fitness center offers an abundance of personal space in which to experience a safe, clean and exceptional experience.

*All prices are per person*

### 1-on-1

	MEMBERS	GUEST
1 hour	\$65	\$72
5 hours	\$295	\$360
10 hours	\$570	\$720

### Dual

	MEMBERS	GUEST
1 hour	\$39	\$46
5 hours	\$185	\$230
10 hours	\$360	\$460

### Ask about our new client special

**1-on-1 3 hours \$170**  
**Dual 3 hours \$108**

### Private group training

*Must have 3 or more people.*

	MEMBERS	GUEST
1 hour	\$33	\$40
4 hours	\$124	\$160
12 hours	\$348	\$480

### Small Group Training

Personal training in a group setting—Full body strength training, with some H.I.I.T. and muscular endurance mixed in. The trainers mix things up and every class will be different. All levels welcome. Modifications will be made when needed.

	MEMBERS	GUEST
Unlimited Classes	\$129 / month	\$199 / month
Drop-in Classes	\$18	\$21.75

For more information contact Dre Ballines at [andres.ballines@wmich.edu](mailto:andres.ballines@wmich.edu) or (260) 336-3526.

