

Personal Training

Training Description

How We Train

- **Free Initial Consultation**: Assess one's goals and how to best achieve them with a Certified Personal Trainer.
- **Physical Assessment**: A trainer will have their client perform movement patterns, along with physical evaluations to help the trainer tailor the most efficient program for their client to attain their goals.
- **30 Minute Training Sessions**: A trainer will create your workouts and walk you through proper form, sets and repetitions based on your assessments and goals.

Which Plan is Right for You?

Determining what plan is right for you is important in achieving your goals. Check Out Our Options!

Single Session Package

- Recommended for individuals looking to find the right trainer for them.
- Learn how to properly use equipment in the gym.

4 Session Package (suggested once a week for 4 weeks)

- Recommended for individuals looking to obtain knowledge on safely using equipment and performing proper technique.
- Learn new exercises to add to your routine and check in on a weekly basis.

8 Session Package (suggested twice a week for 4 weeks)

- For individuals looking to transform physically and make changes to their fitness routine.
- Allows you to have more guidance with a trainer and increase your fitness knowledge.

Capital City Health Club

1280 N Montana Ave
Helena, MT, 59601

12 Session Package (suggested 3 times a week for 4 weeks)

- For individuals looking to stay determined in their fitness and wanting to achieve a specific goal or learn long term tools for success.
- Progress in your fitness journey through in depth guidance with a trainer multiple times a week, increasing your confidence and holding you accountable

4 Week Plan

- Have a trainer create a tailored 4 week program to help you achieve your goals
- Recommended for individuals who are looking to relieve the stress of planning workouts and for those who are unsure how to plan a path to success

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Pricing Information

Package	Price	Price per Session
12 Session Package	\$369	\$30.75
8 Session Package	\$269	\$33.62
4 Session Package	\$169	\$42.25
Single Session	\$45	\$45
4 week plan	\$99	N/A

Want to Train with a Partner?

*2 or more members who train with a partner in the same session will receive 10% off