Clarinda Regional Health Center

COMMUNITY PERSONAL TRAINING SERVICES

Building what works best for you. Whether that be cardio, weight training, or modified workouts. We will work together to help meet your goals with one of these packages!

Express Package | *30 Minute Sessions*

Single Express Prices	1 Session $22	10 Sessions $170
Partner Express Prices	1 Session $17	10 Sessions $130

Endurance Package | *45 Minute Sessions*

Single Training Prices	1 Session $27	10 Sessions $210
Partner Training Prices	1 Session $22	10 Session $170

Accountability Package | *60 Minute Session*

If you want a personalized plan, but the freedom to complete the workout on your own utilizing our gym, this package is for you. It includes ten scheduled sessions at our gym and ten personalized workouts created by our Wellness Specialists.

Accountability Prices	**10 Sessions** $120

Trainerize App Upgrade

This is a great option for those wanting assistance with their fitness journey on their own time and schedule. This app can stand alone so you can workout at home as needed or it can be added to any of the above packages. The app includes personalized workouts developed by our Wellness Specialists, video tutorials, messaging, progress tracking, and more!

Trainerize (Standalone) | $60 / 10 sessions & App Membership for 90 Days
App standable with no in-person training by the Wellness Specialists. Plan includes 10 personalized workouts loaded into your app to complete on your own schedule as many times as you want.

Trainerize Add-On | $15 / 10 Sessions & App Membership for 90 Days
Take away paper workouts, add in the benefits of tracking progress, video tutorials, and more by having the App Added to one of the above in-person training session packages.

TRAIN WITH CRHC! CALL 712-542-8224

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