



Rio Vista Personal Trainers have industry certifications and experience!

# Personal Training



## **One-on-One Training:**

**Smart Start — \$35**  
**(2 - 45-minute sessions)**

**Single Session — \$25/hour**

**5-pack — \$110/package**

**10-pack — \$210/package**

# Nutritional Counseling

## **One-on-One Counseling:**

**Smart Start — \$35**  
**(2 - 45-minute sessions)**

**Single Session — \$25/hour**

**5-pack — \$110/package**



Fill out an Interest Form at the Front Desk.