

LEAP 2009

Personal Training & Small Group Training

Need some help getting the right workout for you? Sign-up to meet with a member of our personal training staff. Your personal trainer will work with you to develop a unique workout routine specifically to target your goals. Our personal trainers are certified professionals who are excited to help you achieve your goals.

We are offering individual, buddy and small group package options at an affordable price!

To schedule an appointment please contact:

Erica Mastrogiacomo, LEAP Coordinator
erica.mastrogiacomo@simmons.edu
617-521-1037



Personal Training Packages

Jump Start: 3 sessions (45 minutes each)	\$80
Steady Trainer: 8 sessions (45 minutes each)	\$250

Buddy Up Packages (2 people)

Smart Start: 3 sessions (45 minutes each)	\$70 per person
Fit4Two: 8 sessions (45 minutes each)	\$200 per person

Small Group Training Packages (3-4 people)

Kick Start: 3 sessions (45 minutes each)	\$65 per person
Boot Camp: 8 sessions (45 minutes each)	\$175 per person

NOTE:

- Sessions are non-transferable and non-refundable
- Sessions expire December 5, 2009
- 24-hour notice of cancellation is required to avoid being charged for session