



MYERBERG

EDWARD A. MYERBERG CENTER

A Program of CHAI

Trainers Ilysa Cohen OR David Curtis are available for sessions. For **SMALL GROUP TRAINING**, all participants must be similar fitness levels.

PERSONAL TRAINING

30-Minute Session	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$40	\$50
8-session Package	\$220	\$280

60-Minute Session	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$60	\$75
8-session Package	\$400	\$500

SMALL GROUP TRAINING (2 PEOPLE)

30-Minute Session per person	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$25	\$35
8-session Package	\$180	\$240

60-Minute Session per person	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$45	\$60
8-session Package	\$350	\$450

SMALL GROUP TRAINING (3 PEOPLE)

30-Minute Session per person	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$20	\$30
8-session Package	\$140	\$200

60-Minute Session per person	Fitness Center Members or GOLD Subscribers	Regular Member Price
Single Session	\$35	\$50
8-session Package	\$300	\$400

Stop by front desk or call 410-358-6856 to purchase sessions today!