

GUIDANCE AND TRAINING BY
CERTIFIED PROFESSIONALS

PERSONAL TRAINING

One-on-one programs designed for
maximum efficiency & results

VARIETY OF SPECIALTIES

- Sports Specific Workouts
- Post Rehabilitation Conditioning
- Beginner Health and Fitness Programs
- Aerobic and Anaerobic Training
- Stress Management
- Resistance Training
- TRX Suspension Training
- Body Sculpting
- Back Care
- Cardiac Rehabilitation
- Pregnancy Post-Partum Fitness
- Speed, Balance and Agility Training

PRICING

SESSIONS

	<u>single</u>	<u>pkg. of 6</u>	<u>pkg. of 12</u>
■ Half Hour	\$25	\$135	\$255
■ 1 Hour	\$40	\$216	\$408

Pairs Training Together (at the same time)

■ Half Hour	\$40	\$216	\$408
■ 1 Hour	\$55	\$297	\$561

**SPECIAL NEW CLIENT
INTRODUCTORY OFFER!**
2 Half Hour Sessions for only \$40

GIVE THE GIFT OF HEALTH . . .
GIFT CERTIFICATES AVAILABLE

B.J. Little - Head Trainer



Jacob Jett



Mary Law



Larry Rogers



Wendyjo Cotham-Dula



SPARTANBURG ATHLETIC CLUB

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