



Begin your path to personal wellness today!

Spa InterContinental Training Program

Complimentary with new membership - Exceed Foundations is an introduction to your personal fitness program.

- One session with a certified personal trainer,
- A full fitness assessment,
- An introduction to proper form and use of the equipment,
- One-hour training session,
- A result - based training consultation

Private One-on-One (1 hour)

A traditional full hour of individualized personal training during each session.

1 / 4 / 8 / 12 sessions \$80 / \$300 / \$560 / \$780

Express One-on-One (1/2 hour)

These are designed for those individuals who are looking for an intense workout of shorter duration.

A perfect fit for anyone with a tight schedule.

1 / 4 / 8 / 12 sessions \$65 / \$248 / \$472 / \$672

Partner Training (1 hour – 2 people)

Are you looking for the opportunity to train with a friend? Partner training has proven to increase commitment to a fitness regimen.

1 / 4 / 8 / 12 sessions \$125 / \$480 / \$920 / \$1320

Please Note:

- Ask for our Personal Trainer Bio's
- Packages are non-transferable and non-refundable
- Packages expire 4 months after the date of purchase
- Sessions are priced from the time the appointment was to begin
- ***Scheduled appointments must be cancelled 24 hours in advance***

Mission Statement

The mission of our Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.