



MEET YOUR FITNESS GOALS

**Interested in
working with a
personal trainer?**

Schedule your free consultation today!

Personal Training

AT THE STATION

The personal training program at The Station is available to provide you with a safe and effective workout to meet your fitness and health goals. Our trainers will work with you one-on-one to provide encouragement, motivation and accountability. Call today to schedule your free fitness orientation when you buy a pass, or call The Station to set-up an appointment. Small group training sessions are available upon request. For more information call or email Buster Bread at 405-793-5090 or bbread@cityofmoore.com.

One-on-One Sessions:

\$50/1 hour session

\$250 per 5/1-hour sessions

\$450 per 10/1-hour sessions

Small Group Sessions:

(2 or more participants registered)

\$40/per person one-hour session

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