



**VIAROFIT**  
HEALTH+FITNESS

## Personal Training Rates



Individual Session	Member	Non-Member
30 minutes	\$20	\$30
60 minutes	\$40	\$50

Small Group Session	Member	Non-Member
60 minutes – partner	\$25 per person/session	\$35 per person/session
60 minutes – group of 3-5	\$20 per person/session	\$25 per person/session

\*No contracts or packages. There is a cancellation policy that requires member payment without giving a 24-hour notice.



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303 State Street | La Crosse, WI 54601  
608-782-5029

Questions? Contact Colby Bruton, ViaroFit Manager  
[colby@viarofit.com](mailto:colby@viarofit.com)



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## Personal Training Benefits



### **CUSTOMIZED WORKOUT PLANS**

Personal trainers create tailored workout plans based on the individual's fitness level and goals. This ensures that the exercises are both effective and safe.

### **MOTIVATION & ACCOUNTABILITY**

Trainers provide the motivation and accountability needed to stick to a workout routine, helping individuals stay committed to their fitness goals.

### **TECHNIQUE GUIDANCE**

Trainers ensure that exercises are performed with the correct form and technique, reducing the risk of injury and increasing effectiveness of the workout.

✓ Remember, a personal trainer is not just a guide, but a partner in the journey toward achieving fitness goals. They provide the expertise, motivation, and personalized attention that can make the difference between a routine workout and a life-changing fitness journey.

### **NUTRITIONAL ADVICE**

Personal trainers also provide guidance on nutrition, helping individuals make dietary choices that complement their fitness goals.

### **PROGRESS TRACKING**

Trainers monitor progress over time, adjusting workout plans as necessary to ensure continued improvement.

### **VARIETY & CREATIVITY**

Personal trainers can introduce a variety of exercises to keep workouts interesting and challenging, helping to prevent workout "burnout" or plateauing.



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