



Personal Training Rate Card for **SPORTIME** at Lynbrook

Rates are effective September 1, 2005

Sessions	Staff	Director
1 hr x 1	\$60	\$70
Try 3	\$145	n/a
1 hr x 5	\$275	\$300
1 hr x 10	\$500	\$550
1/2 hr x 1	\$32	\$36
1/2 hr x 5	\$150	\$170
1/2 hr x 10	\$270	\$330

Please note: One-hour sessions may not be divided into two half-hour sessions. Clients who wish to take half-hour sessions must purchase half-hour sessions. Gold and Plus members receive 10% off the listed rates. Membership must be maintained throughout the package term to receive the discount. "Try 3" is a one-time package and must be used in one-hour sessions. "Try 3" may be purchased by tennis members. Packages are non-refundable and must be paid in full before the first training session.

In an effort to provide better member service, and to insure accurate accounting, Sportime uses Point of Sale technology for the purchase and tracking of personal training sessions.

Prior to each training session, a member must check-in at the reception desk, indicate that he/she is scheduled for a training session, and obtain a VALUE-PACK RECEIPT. This VALUE-PACK RECEIPT must be given to the trainer **before** the training session can be initiated.

If you have any questions, please don't hesitate to speak with a membership advisor, with your trainer, or with the manager on duty.

Thank you for your cooperation. We look forward to helping you to meet and exceed your fitness goals.

Sportime at Lynbrook, 175 Merrick Road, Lynbrook NY 11563
516.887.1330

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