















www.chfclub.com/schedules



onshohocken
Health & Fitness Club





www.chfclub.com

Membership Pricing

Get Fit. Lose Weight. Sleep Better. Work Better. Tone Up. Reduce Stress.



Personal Training Rates

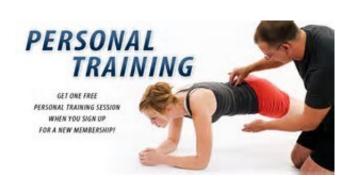
1 Month Commitment/ \$260/month/ \$65/session 3 Month Commitment/ \$240/month/ \$60/session 6 Month Commitment/ \$220/month/ \$55/session 9 Month Commitment/ \$200/month/ \$50/session 12 Month Commitment/ \$180/month/ \$45/session

- 1 x per week personal training
- 4 personal training sessions per month

Individual Session = \$70
All Personal Training Sessions are 1-hour

WHY HIRE A PERSONAL TRAINER?

Fat Loss - Lose Inches - Improve Strength Athletic Conditioning - Lower Cholesterol Get Quicker Results - Increase Endurance Increase Flexibility - Muscle Gain Lower Blood Pressure - Be Healthier





Yearly Rate Paid in Full:

Yearly Monthly Rate:

Monthly Rate:

(Cancel Anytime)

Couple Rates

Yearly Rate Paid in Full: \$500
Yearly Monthly Rate: \$49

Student Rates

 Yearly Rate Paid in Full:
 \$300

 1 - Month Rate:
 \$45

 3 - Month Rate:
 \$125

Daily Guest Rates

Daily Guest Fee: \$10

Daily Aerobic Class Fee: \$10





Hours of Operation

Monday - Thursday
5 am—10 pm
Friday
5 am—8 pm
Saturday
7 am—5 pm
Sunday
8 am—5 pm

Website: www.chfclub.com

Email: chfclub@aol.com 610 941-4515

Contact Us!

Conshohocken Health & Fitness Club 555 E. North Lane Conshohocken, PA 19428

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