



LUMBERTON
(910) 738-5433

PEMBROKE
(910) 521-4777

PERSONAL TRAINING

1 -MONTH	\$100
2 -MONTHS	\$190
3 -MONTHS	\$280
4 -MONTHS	\$370
5 -MONTHS	\$460
6 -MONTHS	\$550

INCLUDES 4 SESSIONS
PER MONTH

EXTRA SESSIONS ARE \$25
PER SESSION

GROUP TRAINING AVAILABLE-
\$100 FOR EACH ADDITIONAL
PERSON



WEIGHT TRAINING



WEIGHT LOSS



GENERAL FITNESS

UNC
HEALTH®
Southeastern