

# 2024 PERSONAL TRAINING

If you have a specific goal in mind, you're rehabilitating an injury, or just want closer personal attention, personal training with one of our world class coaches at Contemporary Athlete is an excellent option. No matter your goal, our coaches will create a program that is tailored to fit your needs while also providing expert coaching and support to help you attain your goals.

All of the perks of our Personal training program are custom built for your goals and needs.

Due to our proprietary trying system we are able to offer world class coaching, accountability, nutrition coaching, and program design at a fraction of the cost of the "big Gyms" while giving you the flexibility to train at your greatest convenience with over 50+ hours of training sessions available weekly.

## Available Training Times

M-F 5/6/7/8/9/12/3:30/4:30/5:30/6:30 (no 6:30pm on friday)

Sat 7:30/8:30/9:30am

**Month-to-Month**  
Unlimited Personal Training \$107/Week

**12 Month Agreement**  
Unlimited Personal Training \$77/Week

**SIGN  
UP  
TODAY**



contemporary  
ATHLETE

518.365.3890 [www.contemporaryathlete.com](http://www.contemporaryathlete.com)