

## Services Menu

### INDIVIDUAL TRAINING

A combination of cardiovascular and strength training catered to each client.

- *1-Hour Session*
- *30-Minute Session*

### GROUP TRAINING

A collaborative mix of cardiovascular and strength training for two to four clients.

- *1-Hour Session*

### PACKAGES

Individual training packages are offered in the following increments:

- *Five 1-Hour Sessions*
- *Ten 1-Hour Sessions*
- *Twenty 1-Hour Sessions*
- *Fifty 1-Hour Sessions*

***Please call to inquire about individual, group and package pricing.***

***Student and senior pricing also offered.***

***Cash and checks accepted.***

# TRIfitness

WINTER PARK

*Move forward with your fitness.*

Located at Winter Park Health & Fitness  
1560 Orange Ave., Winter Park, FL 32789  
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**[www.wptrifitness.com](http://www.wptrifitness.com)**

