



# VIRTUAL PERSONAL TRAINING IS HERE!

## Program Details

- 🌀 \$100 per month includes up to four workouts per week, digitally delivered through the RAC App and one 30-minute progress consultation (in-person, email or phone)
- 🌀 New Clients must complete four 30-minute in-person workouts with a trainer during their first two months (additional one-time fee of \$110)
- 🌀 Workouts are customized based around your goals and needs
- 🌀 Workouts can be delivered weekly or monthly based on your preference
- 🌀 Trainers will use your feedback to adjust programming

**SPACE IS LIMITED AND FILLING FAST!**  
Contact the Fitness Director for full information  
[sboring@racmn.com](mailto:sboring@racmn.com)