

Fitness Center Services

Personal Training Session - 25 minutes \$50 | 50 minutes \$75 | 80 minutes \$100

Enjoy the benefits of working out with a personal trainer. Let one of our certified fitness experts design a unique program based on your goals, interests, lifestyle and fitness level.

Personal Training Series, 5 sessions \$325

Personal Training Series, 10 sessions \$600

Personal Training for Couples - 90 minutes \$160

This personal training partnership session will examine each individual's goals and outline shared training techniques. Training together will keep your workouts motivating, focused and fun.

Sports Stretch - 25 minutes \$50

A personal trainer assists in manually stretching out the muscles and tendons specific to your sport or workout routine. This valuable session helps to increase flexibility and aid you in improving sports performance.

Body Composition Analysis - 30 minutes \$35

This consultation is designed to determine your body fat percentage. Goals and strategies for long-term change in your body composition are established. Please wear T-shirt and shorts.

Comprehensive Fitness Evaluation - 80 minutes \$120

During your personal fitness evaluation our exercise physiologist will test your aerobic capacity, body composition, blood pressure, flexibility, strengths and muscular endurance, and measure body circumference. You will receive a computerized analysis of your assessment.

Sport-Specific Fitness Personal Training Session - 50 minutes

PRIVATE & GROUP

Private and Group Fitness Classes - Prices Vary

Certified instructors are available to teach private and group classes in yoga, meditation, Pilates, Tai Chi, kickboxing, aerobics, water aerobics and more.

Hiking and Snowshoe Trekking

A personal guide leads you on an outdoor adventure to snowshoe through our own extensive trails or hike the area's spectacular Green Mountain trails.

Group Hiking, 2-3 hrs | \$50

Private Guided Hike | \$75-\$100

Snowshow Trekking, w/ equipment rental | \$50

Snowshow Trekking, w/out equipment rental | \$40

Private Guided Snowshow Trekking | \$75-\$100