

WEEKLY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Gym Closed	5:00am Personal Training	5:00am Personal Training	5:00am Spinning	5:00am Personal Training	5:00am PT/ Spinning	7:30am Personal Training
	6:15am Personal Training	6:15am Personal Training	6:15am Spinning	6:15am Personal Training	6:15am PT/ Spinning	8:45am Personal Training
	7:30am Personal Training	7:30am Personal Training	10:00am Personal Training	7:30am Personal Training	7:30am Personal Training	10:00am Personal Training
	10:00am Personal Training	10:00am Personal Training	11:15am Personal Training	10:00am Personal Training	10:00am Personal Training	11:15am Personal Training
	11:15am Personal Training	11:15am Personal Training	12:30pm Personal Training	11:15am Personal Training	11:15am Personal Training	
	12:30pm Personal Training	4:00pm Student PT	4:00pm Student PT	4:00pm Student PT	12:30pm Personal Training	
	4:00pm Student PT	5:00pm Personal Training	5:00pm Personal Training	5:00pm Personal Training		
	5:00pm Personal Training	6:15pm Personal Training	6:15pm Personal Training	6:15pm Personal Training		
	6:15pm Personal Training					

Adult Flex Pack (3/week)

Monthly Auto = \$230.00

Single Month = \$250.00

**Additional Sessions = \$10.00 per

Student Flex Pack (3/week)

Monthly Auto = \$210.00

Single Month = \$230.00

**Additional Sessions = \$10.00 per

Per Session Rates

Personal Training \$25.00/session

Spinning \$12.00/session

****Family Discounts Available**

HIGH ALTITUDE PERSONAL TRAINING

2625 S. Woodlands Village Blvd. Ste. 400
Flagstaff, AZ 86001

Phone: 928-225-1800
E-mail: info@HAPTonline.com
Website: www.HAPTonline.com

**NO EXCUSES.
JUST RESULTS**

