COURT HOUSE
SQUASH & WELLNESS

- ACCOUNTABILITY & MOTIVATION
- DEVELOP A ROUTINE
- PROPER TECHNIQUE & FORM
- PERSONALIZED PROGRAM
- INJURY PREVENTION
- RELATIONSHIP BUILDING
- RESULTS

Having a **Personal Trainer** has it's benefits!

PERSONAL TRAINING - 25 MINUTES

Personal Training	Single 25	Pkg 5/25	Pkg 10/25	Pkg 20/25
Level 1 (Certified)	$40.00	$190.00	$360.00	$680.00
Level 2 (Advanced)	$45.00	$213.75	$405.00	$765.00
Level 3 (Elite)	$50.00	$237.50	$450.00	$850.00
Buddy Training	**Bdy 1/25**	**Bdy 5/25**	**Bdy 10/25**	**Bdy 20/25**
Level 1 (Certified)	$60.00	$285.00	$540.00	$1020.00
Level 2 (Advanced)	$65.00	$308.75	$585.00	$1105.00
Level 3 (Elite)	$70.00	$332.50	$630.00	$1190.00

Tel: 292-8357
www.courthouse.bm

YOU DESERVE IT!

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PERSONAL TRAINING - 55 MINUTES

Personal Training	Single 55	Pkg 5/55	Pkg 10/55	Pkg 20/55
Level 1 (Certified)	$70.00	$332.50	$630.00	$1190.00
Level 2 (Advanced)	$80.00	$380.00	$720.00	$1360.00
Level 3 (Elite)	$90.00	$427.50	$810.00	$1530.00
Buddy Training	**Bdy 1/55**	**Bdy 5/55**	**Bdy 10/55**	**Bdy 20/55**
Level 1 (Certified)	$90.00	$427.50	$810.00	$1530.00
Level 2 (Advanced)	$100.00	$475.00	$900.00	$1700.00
Level 3 (Elite)	$110.00	$522.50	$990.00	$1870.00

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BENEFITS OF PILATES

- > REHABILITATION
- > PREGNANCY
- > WEIGHT LOSS
- > FLEXIBILITY

Build Your **Core Strength** With Our Experts!

PILATES REFORMER TRAINING

Private Training	Members		Non-Members	
	Cost	Per Session	Cost	Per Session
$90.00 per 60min	$90.00	($90.00)	$95.00	($95.00)
5 Sessions (5% Discount)	$427.50	($85.50)	$451.25	($90.25)
10 Sessions (10% Discount)	$810.00	($81.00)	$855.00	($85.50)

Buddy Training (2 Clients)	Members		Non-Members	
	Cost	Per Person	Cost	Per Person
$130.00 per 60min	$130.00	($65.00)	$140.00	($70.00)
10 Sessions (10% Discount)	$1170.00	($58.50)	$1260.00	($63.00)

For more information please contact Amy at:
astathakis@courthouse.bm or call her on
292-8357 (W) or 591-9192 (C)

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