April 8, 2011

Dear Personal Training Client:

The Des Peres Parks and Recreation Department thanks you for choosing The Lodge to reach your fitness goals. We are writing to inform you that we will be updating our personal training options and price structure beginning May 1. We have several clients who would like to train for 45 minutes, but these sessions are not an official package option. We believe personal training is extremely beneficial and we want everyone to have the most possible options and flexibility when making decisions on what package is right for them. We are responding to this request with our new pricing structure which will include 60, 45, and 30 minute packages available in 3, 6 or 9 sessions for both group and individual training.

With the new packages offered, you will notice a change in training prices for the 45 and 30 minute packages. The minimal price increase will offset the additional overhead costs associated with offering these shorter time packages while still allowing us to provide the best value possible for those training for 60 minutes. We believe that longer sessions allow the personal trainers to provide more comprehensive and targeted workout routines, as well as allowing your body the time to burn more fat and build more muscle through proper warm-up, workout, and cool-down cycles. Thus we want clients to take advantage of the 60 minute sessions and encourage longer training sessions to see maximum results.

Thanks to your continued feedback, we believe these new options will not only give The Lodge Personal Training Services the best price to health ratio in town, but we will also now have the most flexible options available to meet your time and budget needs.

Sincerely,

Tricia Clark
Fitness Supervisor
City of Des Peres
1050 Des Peres Road
Des Peres, Missouri 63131
314-835-6168 Office
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PERSONAL TRAINING AT THE LODGE DES PERES

314-835-6180 – WWW.THELODGEDESPERES.COM – 1050 DES PERES ROAD; 63131

- EXPERIENCE THE DIFFERENCE -

EXPERIENCE THE DIFFERENCE with Personal Training at The Lodge Des Peres! All of our trainers are nationally certified professionals here to help their clients fit FITNESS into their busy lifestyles to get results. Each new client will receive a comprehensive fitness assessment to evaluate their current level of fitness and an individualized exercise program. Payment is required before services are rendered (Cash, Check, Visa, MasterCard and Discover accepted). Appointments and payments are taken in The Lodge Fitness Center.

NEW CLIENT 3 SESSION SPECIAL - $119

This option is available for all NEW clients to our personal training program. The new client special is 3 sessions with a personal trainer. The first session will be a fitness assessment with the remaining two appointments executing the exercise program that has been designed for you. This special is only available once to a new client.

ONE-ON-ONE PERSONAL TRAINING

Youth and adults can choose 60, 45 or 30 minutes to train with a nationally accredited personal trainer (*30-minute sessions are designed for youth or someone who is just beginning an exercise program and not physically ready for the intensity of more than 30 minutes, or someone who wants a specialty session such as 30 minutes of stretching).* The 26-week program is designed for anyone that wants to get serious about making some permanent changes to their lifestyle. Package includes multiple assessments, 26 training sessions in six months, nutrition tips and professional advice and technique.

	MEMBER/RESIDENT			NON-MEMBER/NON-RESIDENT		
INDIVIDUAL PACKAGE TYPE	**60 MINUTES**	**45 MINUTES**	**30 MINUTES**	**60 MINUTES**	**45 MINUTES**	**30 MINUTES**
1 SESSION (current clients only)	$60	$47	$33	$70	$55	$39
3 SESSION PACK	$180	$142	$99	$210	$165	$116
6 SESSION PACK	$330	$260	$182	$390	$307	$215
9 SESSION PACK	$450	$354	$248	$540	$425	$297
26 SESSION PACK*	$1275*	Not Available		$1275*	Not Available	

*Payment options are available; please contact the fitness supervisor at 314-835-6168.

GROUP TRAINING – Minimum of 2 people per session, Maximum of 6 people per session

Price is per person. Group Training is great for friends, co-workers, family members wanting to get in shape together in a fun, personalized environment. Packages are now available in 60, 45 or 30 minute length sessions.

	MEMBER/RESIDENT			NON-MEMBER/NON-RESIDENT		
GROUP PACKAGE TYPE	**60 MINUTES**	**45 MINUTES**	**30 MINUTES**	**60 MINUTES**	**45 MINUTES**	**30 MINUTES**
3 SESSION PACK	$105	$83	$58	$135	$106	$74
6 SESSION PACK	$180	$142	$99	$240	$189	$132
9 SESSION PACK	$225	$177	$126	$270	$216	$149

YOUTH FITNESS ORIENTATIONS - $45/Member or Resident; $50 /Non-Member or Non-Resident

Youth Fitness Orientations are designed for youth ages 12-15 years wishing to use the fitness center. Youth ages 12-13 must attend the orientation with a parent/guardian. Price is per child. Each additional child is $10, with a maximum of 5 youth per orientation. Allow 1.25 hours for 1-2 youth and 2 hours for 3-5 youth.

OTHER SERVICES

Fitness Assessment - $70/Member or Resident; $81/Non-Member or Non-Resident
Body Fat Testing - $20/Member or Resident; $23/Non-Member or Non-Resident
Additional Nutritional Counseling Packages Available Soon