**Cedar Valley SportsPlex Personal Training & Health Coaching**

The Cedar Valley SportsPlex has certified professional health coaches and trainers to help assist you in changing your lifestyle. Our staff will help you to make realistic, sustainable changes to live each day healthier than the last.

When signing up, you can take advantage of personal training, health coaching or a combination of both. The following rates are our base rates. Individual trainers may charge a different rate. Please contact **Michelle Davis (319)291-0165** or by email michelle.davis@waterloo-ia.org for assistance.

**Member Rate**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Single Member | Two Members  | 3 Members |
| 1 Hour | 40.00 | 35.00 (Each) | 30.00 (Each) |
| 5 Hours | 175.00 | 150.00 (Each) | 125.00 (Each) |
| 10 Hours | 300.00 | 250.00 (Each) | 200.00 (Each) |
| 20 Hours | 500.00 | 400.00 (Each) | 325.00 (Each) |

**Non Member Rate**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Single Guest | Two Guests  | 3 Guests |
| 1 Hour | 45.00 | 40.00 | 35.00 |
| 5 Hours | 180.00 | 155.00 | 130.00 |
| 10 Hours | 320.00 | 270.00 | 220.00 |
| 20 Hours | 540.00 | 440.00 | 365.00 |