



**TUKWILA**  
PARKS & RECREATION  
GOOD HEALTHY FUN

# TCC Personal Training

Whether you want to achieve weight loss, muscular toning, cardiovascular endurance, or overall improvement of health and wellness, TCC's Personal Trainers will design a detailed program and motivate you to achieve YOUR individual fitness goals.

*If you purchase a Six OR Twelve pack you will Receive a FREE 1-month TCC membership that includes unlimited visits to the fitness room as well as most fitness classes!*

## 60-minute sessions **FEE**

**SINGLE** \$ 35

**TRIPLE PLAY** \$ 90

**SIX PACK** \$175

**12TH FAN PACK** \$ 320

Email us at [personal.trainer@tukwilawa.gov](mailto:personal.trainer@tukwilawa.gov) if you are interested in working with a Certified Personal Trainer

**CLUB QUALITY, COMMUNITY PRICED**