



# 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	<b>FEE</b>
SINGLE	\$ 50
TRIPLE PLAY	\$ 99
SIX PACK	\$186
<b>12TH FAN PACK</b>	<b>\$ 348</b>

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**