

The Centre personal training

*expert trainer:

Holds current CPR, AED, and O2 certifications

Holds current certification by a nationally recognized health/fitness organization as a one-on-one personal training professional

0-2 years experience training

Sessions	Length	Fees	Cost/Session
1 session	30-minute	\$35.00	\$35.00
3 sessions	30-minute	\$90.00	\$30.00
6 sessions	30-minute	\$165.00	\$27.50
12 sessions	30-minute	\$300.00	\$25.00
20 sessions	30-minute	\$360.00	\$18.00
1 session	60-minute	\$55.00	\$55.00
3 sessions	60-minute	\$150.00	\$50.00
6 sessions	60-minute	\$285.00	\$47.50
12 sessions	60-minute	\$540.00	\$45.00
20 sessions	60-minute	\$700.00	\$35.00

*elite trainer:

Holds current CPR, AED, and O2 certifications

Holds current certification by a nationally recognized health/fitness organization as a one-on-one personal training professional

2-5 years experience training.

Sessions	Length	Fees	Cost/Session
1 session	30-minute	\$40.00	\$40.00
3 sessions	30-minute	\$105.00	\$35.00
6 sessions	30-minute	\$195.00	\$32.50
12 sessions	30-minute	\$360.00	\$30.00
20 sessions	30-minute	\$420.00	\$21.00
1 session	60-minute	\$60.00	\$60.00
3 sessions	60-minute	\$165.00	\$55.00
6 sessions	60-minute	\$315.00	\$52.50
12 sessions	60-minute	\$600.00	\$50.00
20 sessions	60-minute	\$800.00	\$40.00

*master trainer:

Holds current CPR, AED, and O2 certifications

Holds current certification by a nationally recognized health/fitness organization as a one-on-one personal training professional

Has a degree related to health or exercise sciences

5 plus years experience training

Sessions	Length	Fees	Cost/Session
1 session	30-minute	\$45.00	\$45.00
3 sessions	30-minute	\$120.00	\$40.00
6 sessions	30-minute	\$225.00	\$37.50
12 sessions	30-minute	\$420.00	\$35.00
20 sessions	30-minute	\$540.00	\$27.00
1 session	60-minute	\$65.00	\$65.00
3 sessions	60-minute	\$180.00	\$60.00
6 sessions	60-minute	\$345.00	\$57.50
12 sessions	60-minute	\$660.00	\$55.00
20 sessions	60-minute	\$940.00	\$47.00

small group pt:

2-3 people
All trainers available

Session	Length	Fees/Person	Cost/Session
1 session	30-minute	\$25.00	\$25.00
6 sessions	30-minute	\$135.00	\$22.50
12 sessions	30-minute	\$240.00	\$20.00
1 session	60-minute	\$35.00	\$35.00
6 sessions	60-minute	\$195.00	\$32.50
12 sessions	60-minute	\$360.00	\$30.00

For more information on Personal Training contact Tate Wheeler, Personal Training Director, at 715.246.2252 or twheeler@nracentre.com

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fitness

CO₂

endurance

O₂

performance

New Leaf FITNESS REDEFINED.

Knowing how your metabolism works is essential to creating a plan to live healthy, look better, and perform to your full potential. Our New Leaf metabolic assessment and training program is based on decades of New Leaf system medical research and proven scientific know-how. Whether you're just starting to exercise or you're training for your next marathon, you can boost your metabolism. And that means you can achieve your goal of better health, fitness, or athletic performance—when your exercise and nutrition plans are based on your personal metabolic profile.

New Leaf Metabolic Assessments	Centre Fees
Resting Metabolic Rate (RMR) Initial Assessment	\$55.00
Exercise Metabolic Rate (EMR) Initial Assessment	\$75.00
Resting Metabolic Rate (RMR) & Exercise Metabolic Rate (EMR) Initial Assessment Combo	\$105.00
Resting Metabolic Rate (RMR) Re-Assessment	\$35.00
Exercise Metabolic Rate (EMR) Re-Assessment	\$45.00
Resting Metabolic Rate (RMR) & Exercise Metabolic Rate (EMR) Re-Assessment Combo	\$70.00

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