

Personal Training

Discover your true potential



Benefits of Working with a Trainer

- Maximize the effectiveness of your valuable time in the fitness center.
- Ensure that you are training specifically to your goal, and not just “spinning your wheels.”
- Improve the consistency in your workout by being accountable.
- Have a resource for information or questions you have about exercise or nutrition.
- Know that your workout is going to be complete and effective without having to think about it.
- Enjoy your workout!



Members and Non-Members: Intro Package – 3 hours for \$145

MEMBERS 1 ON 1:

1 hour	\$57
3 hours	\$165
5 hours	\$260
10 hours	\$500
20 hours	\$960

Dual:

1 hour	\$33
3 hours	\$96
5 hours	\$155
10 hours	\$300
20 hours	\$580

Private Group Training:

(must have 3 or more people)

4 hours	\$100
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GUEST 1 ON 1:

10 hours	\$600
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Dual:

10 hours	\$400
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Private Group Training:

(must have 3 or more people)

4 hours	\$120
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All pricing is per person

We also offer Express Training Options and BMR (Basal Metabolic Rate) testing. See website for details.

Why hire a personal trainer at West Hills?

Because quality of life matters. When you invest in a trainer at West Hills you are making a commitment to yourself and the people in your life who are important to you. Our trainers are experienced, educated professionals that will keep you on track to achieve your health, fitness or weight loss goals in a safe and expedient manner.

To get started...

Make an appointment today by calling Tyler Norman at 269.387.0431 or tyler.norman@wmich.edu. We will review your needs and decide together which trainer will be best to help you achieve your goals.