

DEER LAKE ATHLETIC CLUB

www.deerlakeathleticclub.com

248.625.8686

fitness@deerlakeathleticclub.com

Let's make
it personal!

PERSONAL TRAINING SESSIONS

Learn proper techniques and suggestions to benefit your overall health and wellbeing.

PRIVATE RATES

30 Minute Session

1 Session — Member \$38 / Non-Mem \$48

5 Sessions — Member \$185

10 Sessions — Member \$365

60 Minute Session

1 Session — Member \$60 / Non-Member \$70

5 Sessions — Member \$275

10 Sessions — Member \$565

PARTNER RATES

30 Minute Session

Rates are per person

1 Session — Member \$25 / Non-Mem \$35

5 Sessions — Member \$120

10 Sessions — Member \$210

60 Minute Session

Rates are per person

Member \$35 / Non-Member \$45

Member \$150

Member \$315

PERSONAL TRAINING STAFF



Marlene Powell
Fitness Director
ACE certified



Mollie Harrison
ACE certified



Luke Sanders
ISSA certified