



Hawk Fitness Center Program Pricing

Fitness Center Orientations:

- To feel safe at the Hawk, all new passholders have the opportunity for a FREE fitness orientation (Required for ages 12-16). Check with the fitness center staff for availability.
- A fitness orientation is an informational session lasting 30 minutes. The fitness center staff will show you how to use all the cardio and strength equipment. They will then review any general fitness questions and rules of the fitness center.

Personal Training:

- Our team of nationally certified personal trainers are here to help you achieve your fitness goals! Whether its weight loss, strength training, or improving your flexibility, our personal trainers will create a custom workout plan just for you! Sign up today, your first session is FREE!

Rates per Session	Passholder	Resident	Non-resident
Individual	\$60	\$65	\$70
Partner	\$45 per client	\$47.50 per client	\$50 per client

*Sessions expire after 3 months from date of purchase. Sessions are 60 minutes in duration.

Group Ex Classes:

- Group classes are a great way to find motivation and accountability. Our certified group exercise instructors are here to help get you to your fitness goals! Purchase our new UNLIMITED FIT PASS today!

	Passholder	Resident	Non-Resident
Drop-in Rate	\$7	\$9	\$11
Unlimited Fit Pass	\$50	\$75	\$100

*Need 30 days in order to cancel the unlimited fit pass membership. Drop-ins expire after 30 days of purchase.