



Our nationally accredited trainers bring with them a variety of fitness methods for people of all shapes, sizes and skills. Beginner, intermediate, or advanced, whatever you need, our training staff can accommodate you!

Choose between private, semi private, and small group training to match your goals, fitness level, motivation, availability, preference, and budget. Sessions may be arranged by contacting the Coppermine Personal Training Director or the specific professional of your choice.

AGES	Youth and Adults, Various Levels	
COST	1 Hour Personal Training:	Starting at \$65
	1/2 Hour Personal Training:	Starting at \$35
	Split 2 Way Training:	Starting at \$35
	Split 3 Way Training:	Starting at \$30

LOCATION **COPPERMINE**
RACQUET & FITNESS
1420 Clarkview Rd, Baltimore, MD 21209

CONTACT To find the best trainer for you:
Dawn-Marie Cain, personaltraining@copperminefitness.com
Visit www.copperminefitness.com for list of Personal Trainers.

SCHEDULE NOW!

PERSONALTRAINING@COPPERMINEFITNESS.COM

WWW.COPPERMINEFITNESS.COM