



BODY DYNAMICS OF THE PALM BEACHES

PERSONAL TRAINING

About Us

Body of Dynamics of the Palm Beaches is committed to helping you improve your overall fitness and to help achieve the results you want. We provide professional assistance to improve strength, flexibility, endurance and overall cardiovascular health.

Each session is one (1) hour in duration and is held at the RPB Recreation Center.

One on One Sessions

Resident - \$35

Non-Resident - \$45

Packages

6 One on One Training Sessions - Resident/\$195

6 One on One Training Sessions - Non-Resident/\$220

8 One on One Training Sessions - Resident/\$255

8 One on One Training Sessions - Non-Resident/\$280

Note: To participate in the Personal Training program Participant's must have a fitness membership or pay the \$2 daily fee.

CONTACT SHELE ENGLISH TO SET UP AN APPOINTMENT TODAY

561-951-1220

Inspire-Motivate-Celebrate



Village of Royal Palm Beach Parks and Recreation Department