



WHAC Personal Training

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 and weight loss goals.* Our fitness center offers an abundance of personal space in which to experience a safe, clean and exceptional experience. **Effective 5/11/26**



1-on-1 *All prices are per person*

	MEMBERS	GUEST
1 hour	\$69	\$76
5 hours	\$325	\$380
10 hours	\$630	\$760

Dual

	MEMBERS	GUEST
1 hour	\$42	\$50
5 hours	\$200	\$250
10 hours	\$390	\$500

Ask about our new client special

1-on-1	3 hours	\$185
Dual	3 hours	\$126

Private group training

Must have three or more people.

	MEMBERS	GUEST
1 hour	\$36	\$44
4 hours	\$135	\$176
12 hours	\$380	\$528

Small Group Training

	MEMBERS	GUEST
Unlimited Classes	\$129 / month	\$199 / month
Drop-in Classes	\$18	\$21.75

Personal training in a group setting— Full body strength training, with some H.I.I.T. and muscular endurance mixed in. The trainers mix things up and every class will be different. All levels welcome. Modifications will be made when needed.



*West Hills has a 24-hour cancellation policy for personal training, please communicate directly with your trainer or the Fitness Director if you cannot make it to your session.

For more information contact Dre Ballines at andres.ballines@wmich.edu or (260) 336-3526.

