1-on-1 Training

Personalized Fitness Training is our Premier Service!

At Anchor Fitness, all of our trainers are *Certified Personal Trainers*, which means that we specialize in creating custom training programs based on an

in-depth assessment and your specific goals.

With 1-on-1 training, we can help you overcome barriers to achieving your best fitness!

You decide how many times a week you can meet with your trainer based on your schedule, your goals, and your budget. Making a 6 month commitment will guarantee you the best price on your sessions!

**1 Hour Sessions $50-75**

**30 Minute Sessions $32.50**