

# Burke Rehabilitation Hospital | Personal Training

## Adult Fitness Center

785 Mamaroneck Ave.  
White Plains NY 10605

P. 914-597-2805 | F. 914-597-2809

## Mamaroneck Outpatient

703 West Boston Post Road  
Mamaroneck, NY 10543

P. 914.597.2557 | F. 914.798.4130

## Somers Outpatient

325 Route 100, Suite 106  
Somers, NY 10589

P. 914.597.2890 | F. 914.669.5061

# PERSONAL TRAINING



“TAKE CARE OF YOUR BODY IT’S  
THE ONLY PLACE YOU HAVE TO  
LIVE”

-JIM ROHN

## Hourly Pricing

### One on One Personal Training

55 minute sessions may be split into  
25 minute sessions.

|             |         |
|-------------|---------|
| 1 SESSION   | \$75    |
| 3 SESSIONS  | \$210   |
| 5 SESSIONS  | \$340   |
| 10 SESSIONS | \$650   |
| 20 SESSIONS | \$1,200 |

## Hourly Pricing

### Partner Personal Training (2 Clients)

55 minute sessions may be split into  
25 minute sessions.

|             |         |
|-------------|---------|
| 1 SESSION   | \$100   |
| 3 SESSIONS  | \$285   |
| 5 SESSIONS  | \$450   |
| 10 SESSIONS | \$850   |
| 20 SESSIONS | \$1,500 |