



# MANA

FITNESS CENTER

Mana Fitness Center at Seven Canyons offers state-of-the-art equipment and cutting edge technology. Our personal training experience is focused on true world-class structural solutions. Our mission is to increase the quality and duration of your life by boosting your performance, productivity, and well-being. Our programs go beyond the typical well-being suggestions and delve into structural solutions and holistic lifestyle changes that boost performance and longevity.



## PERSONAL TRAINING SESSIONS

**12 SESSIONS = \$840 (\$60 EACH) + 2 FREE TOTAL OF 14 SESSIONS**

**10 SESSIONS = \$750 (~\$68 EACH) + 1 FREE TOTAL OF 11 SESSIONS**

**8 SESSION = \$640 (\$80 EACH) + RECEIVE MANA ESSENTIAL BOOKLET**

**6 SESSIONS = \$510 (\$90 EACH) + RECEIVE MANA NUTRITION 101 PACKET**

**4 SESSIONS = \$400 (\$100 EACH)**

**1 SESSION = \$125**



### PAUL BURKE, FITNESS DIRECTOR

BS Exercise Science, National Strength & Conditioning Association CSCS

A former professional athlete with 20 years of experience as a Division 1 Strength & Conditioning Coach, Paul has helped individuals and teams reach optimal levels. As a former Performance & Metabolic Specialist for EXOS, Warner Bros, and Wounded Warrior, Paul has also served as a Navy Operational Fitness and Fueling System Specialist, to help our nation's troops excel in training and maneuvers. Paul has also worked with dozens of Hollywood's finest actors and actresses as well as professional and Olympic athletes throughout his successful career. He is sought after for his down-to-earth approach of helping individuals reach new heights of wellness and performance.

**BOOK YOUR SESSIONS TODAY!**

**MANA.STRENGTH@GMAIL.COM | SEVENCANYONS.COM/MANA-FITNESS-CENTER**

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# COUPLES TRAINING

**12 SESSIONS = \$1,380**  
**(\$57.50/PERSON PER SESSION)**

**10 SESSIONS = \$1,200**  
**(\$60/PERSON PER SESSION)**

**8 SESSION = \$1,000**  
**(\$62.50/PERSON PER SESSION)**

**6 SESSIONS = \$780**  
**(\$65/PERSON PER SESSION)**

**4 SESSIONS = \$540**  
**(\$67.50/PERSON PER SESSION)**

**1 SESSION = \$280**



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