



# TIDEPOOLS

## PERSONAL TRAINING

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Each session can be tailored to any fitness level or wellness goal.

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No matter what your desires are, our wellness experts are happy to discuss your personal goals and collaborate with you to develop the perfect plan for today's workout along with this year's health aspirations. From demonstrating and suggesting equipment or exercises to providing individualized personal training sessions, our experts can do it all.

### TRAINING SESSIONS

Your personalized training sessions may have a variety of focuses. Sessions can be customized and may include full body or localized strength, sport specific, and cardio training, full body assisted stretch, as well as nutrition or life coaching.

45 minutes - \$50 | 60 minutes - \$65

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**Reservations:** Please call us at 503.483.3000 or email us at [Tidepools@HeadlandsLodge.com](mailto:Tidepools@HeadlandsLodge.com) to reserve your spot in the class. Walk-ins are welcome, but we cannot guarantee your spot unless it is reserved prior to class.

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Please note our class schedules are seasonal and change regularly.