



Pirate Wellness Center

21460 Overseas Hwy, MM 21.4, Cudjoe Key, FL. 33042
305-744-3348

www.piratewellnesscenter.com



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PERSONAL TRAINING

Education and Motivation

Two great reasons to utilize a Person Trainer.

- Safely get results by learning proper technique and get maximum benefit from your workout.
- Break out of plateaus and take yourself to new levels of fitness.
- Add variety and prevent boredom.
- Gain strength and flexibility.
- Improve your health and appearance.
- Lose weight.
- Boost your self-confidence.
- Provides structure and accountability with a consistent exercise program.
- Incredible motivation factor.

It makes it all about YOU!

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PERSONAL TRAINING RATES

STANDARD PT RATES

60 MINUTE SESSION
\$80 per single session

30 MINUTE SESSION
\$50 per single session

Please ask about our Multi-Session and Group Session Savings Package details.

We set the standard in Personal Training. Talk to “Buzz” Busbey, our General Manager to get started. Buzz has over 25 years experience as a personal trainer, working with seniors, young athletes as well as seasoned veterans.

If you are interested in longevity and a healthy lifestyle, let Buzz start you on a personal training regiment tailored just for you.

For Information or an Appointment
Call 305-744-3348

Talk to our Front Desk or ask for Buzz.
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Gift Certificates Available

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