



# Your goals matter

OhioHealth Ontario Health and Fitness Center

At OhioHealth, your goals matter. Whether it's motivation through a hard workout, achieving better results, or adding a little variety to an old routine, we've got you covered. Each OhioHealth Exercise Physiologist possesses a minimum of a bachelor's degree in exercise science and many hold nationally recognized health and fitness certifications. Better yet, each trainer has a unique skillset that you can take advantage of. No matter what you're looking for, you can find it here.

MEMBER	30 MINUTES	60 MINUTES
1-5 Sessions	\$30/session	\$45/session
6+ Sessions	\$25/session	\$40/session
NON-MEMBERS	30 MINUTES	60 MINUTES
1-5 Sessions	\$40/session	\$55/session
6+ Sessions	\$35/session	\$50/session

## *How to enroll*

If you are interested in scheduling a personal training session or finding out more information, please stop by the front desk at the OhioHealth Ontario Health & Fitness Center or call (419) 526-8900.