

PERSONAL TRAINING

Don Knabe Wellness Center

\$45 for first fitness assessment session

\$40 for 1hr personal training session

\$25 for 30min personal training session

Appointment required

Make your appointment at the reception or call (562) 385-6600

Rancho Los Amigos National Rehabilitation Center
7601 Imperial Highway, Downey, CA 90242
562-385-7041 • TTY/TDD: 562-385-8450

www.rancho.org • [www.twitter.com/ranchorehab](https://twitter.com/ranchorehab) • www.facebook.com/rancholosamigosrehab • www.instagram.com/ranchorehab.
To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at lawong@dhs.lacounty.gov 5 days in advance

ENTRENAMIENTO PERSONALIZADO

Centro De Bienestar Don Knabe

\$45 por la Primera sesion de Evaluacion Fisica

\$40 por sesion de entrenamiento personalizado de 1 hora

\$25 por sesion de entrenamiento personalizado de 30 minutos

Cita requerida

Puede programar su cita en recepcion o llame al (562) 385-6600

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