

# WELLNESS

## Personal Training with Shaun Harrington

**1 on 1: \$135/hour**

**Semiprivate: \$150/hour**

**Small Group (3-5 people): \$55/Person/Hour**

Tennis Instructor, certified Personal Trainer, and trained Physical Therapist, Shaun Harrington will offer personal and group training for our clientele. Shaun has over 30 years of experience as a Strength Coach, specifically working with soccer, tennis, skiing, lacrosse, and track and field. Shaun was the assistant strength coach at the University of Colorado and Harvard University. He has held positions as a subcontractor in the NFL, NBA, and NHL. Besides working with elite athletes, Shaun holds a MS in Physical Therapy and is an expert in injury prevention and rehabilitation.

Sign up via the Four Seasons CourtReserve app or online at the Four Seasons CourtReserve portal.

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