

# PERSONAL TRAINING



Our sessions provide one-on-one assistance that will help you improve your exercise capacity, as well as muscular strength and endurance. Our services include individualized programs based on personal goals, evaluation of current exercise routine, and instruction of proper technique.

## FITNESS ASSESSMENT & PROGRAM DESIGN



Are you a first time exerciser or maybe you need to jump start that boring exercise routine? Our Fitness Assessments include two appointments with one of our Certified Personal Trainers. Your first session will include a discussion of your medical history, exercise testing, and goal setting. Your second session will include thorough instruction of the program that has been designed for you based on your needs and goals. **FEE: \$95**

## 6-WEEK SHAPE UP



What better way to shed those extra pounds than our 6-Week Shape Up Program! Meet with a Personal Trainer once a week, for six weeks, to jump start your workout routine. The program includes an initial Fitness Assessment and 6 Personal Training sessions. See Fitness Staff for details. **FEE: \$265**

## PERSONAL TRAINING FEES:

30 Minute Session	\$ 35
1 Hour Session	\$ 55
(3) 30 Minute Sessions	\$ 90
(3) 1 Hour Session	\$125
(10) 1 Hour Session	\$375
Group Training*	\$ 35 per person

CANCELLATIONS MUST BE MADE AT LEAST 24 HOURS AHEAD OF SCHEDULED TIME TO AVOID BEING CHARGED.

\*Limit 2 per group. Both individuals must be present for Group Training Rates to apply.

## FITNESS FLOOR GUIDELINES

- Children in Grade 7 and up may use the fitness equipment, but we recommend they complete an Equipment Orientation with a Fitness Attendant.
- Patrons may not bring a private Personal Trainer into the Fitness Center.
- Sign up for the cardiovascular equipment prior to your use.
- Limit your time on the cardiovascular equipment to 30 minutes.
- Return the free weights and accessories to their storage areas after use.
- Wipe off the equipment after use.
- Appropriate attire must be worn at all times, including shirts and athletic shoes.
- Food and drink are prohibited with the exception of water bottles.

## Fitness, a personal goal

## HOURS OF OPERATION

Monday and Friday	6:00 am - 9:30 pm
Saturday	8:00 am - 8:00 pm
Sunday	Noon - 8:00 pm