

# Personal Training

Personal Training is one-to-one or small group instruction that incorporates goal setting and health education into challenging training sessions specially designed for each individual's needs. A personal trainer is there to instruct you on proper lifting technique on a variety of exercises and at the same time motivate you to achieve your fitness goals.

## Personal Training Packages

1 session	\$35
3 sessions	\$105
6 sessions	\$170
10 sessions	\$260
15 sessions	\$365

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We build strong kids, strong families, strong communities.

## You Should Hire A Personal Trainer If...

- You want a personalized workout that will be challenging and time efficient based on your individual fitness goals.
- You need someone who can provide you with health and fitness information to put you on the right track.
- You need someone to motivate you, give you proper exercise instructions—and make your exercise program fun!
- Your current fitness routine is not providing you with results and you need a new program that will get you the results you want.
- You're training for a specific event and want to enhance your performance.

The overall goal of this program is to assist participants in achieving physical fitness benefits effectively. To achieve this goal, the following objectives are set. A trainer will work with you to:

### 1. *Set clear and realistic physical fitness goals, using the guidelines.*

#### *Objectives include:*

- How fitness goals will be achieved
- Amount of work needed to reach goals
- Types of activities desired to reach goals
- Frequency and intensity of workouts

### 2. *Recommend and instruct on proper exercise techniques.*

#### *Objectives include:*

- Teach safe and effective use of equipment to avoid injury
- Teach proper body mechanics
- Teach and provide exercises that suit fitness needs

### 3. *Individualize a physical fitness workout program. Objectives include:*

- Incorporate the components of total fitness including muscular endurance, muscular strength, flexibility, and cardiovascular conditioning,
- Guide fitness workouts.
- Monitor progress and adjust workouts accordingly.
- Provide accountability and motivation in achieving fitness goal.