HOW IT WORKS

Our nationally certified personal trainers will coach, motivate, and inspire you to reach your goals.

-Rev up your old exercise routine with a new approach to your workout

-Reduce the risk of injury by learning good form and correct technique.

-Stay motivated with personalized coaching.

Free weights, cardiovascular & strength training equipment, and other fitness tools are incorporated to create an individual exercise plan!



TRAINING RATES

Individual Training - 1 Hr. Session

Ν	/lembers	Community	
6 sessions	\$345	\$480	
12 sessions	\$685	\$960	
18 sessions	\$1030	\$1440	
Individual Training - 45 Min. Session			

١	Nembers	Community
6 sessions	\$ 270	\$378
12 sessions	\$ 540	\$756
18 sessions	\$772	\$1134

Individual Training - 30 Min. Session

	Members	Community
6 sessions	\$206	\$290
12 sessions	\$412	\$550
18 sessions	\$618	\$865

Train Together (2 people) - 1 Hr. Session

	Members		Community
6	sessions	\$206pp	\$290pp
12	sessions	\$412pp	\$550pp
18	sessions	\$618pp	\$865pp

HEALTH HISTORY

Have you had, or do you presently have any of the following? (Check if yes.)

Heart attack	Heart disease	
Heart surgery	Heart arrhythmia	
Chest pain	Pre-diabetes	
Diabetes	High/low_BP	
Edema	Kidney disease	
High cholesterol	Lung disease	
Seizures	Cancer	
Rheumatic fever	Recent operation	
Fainting or dizziness	Muscle or joint issues	
Pain, discomfort in the chest, neck, jaw, arms		
Unusual fatigue or shortness of breath at rest or		
with light activity		
Temporary loss of clear vision or speech		
Short term numbness or weakness in one side		
Shortness of breath while lying down, at night or		
that comes on suddenly		
Intermittent claudication (calf cramping)		
Any other condition or past medical history that		
would prevent you from being clearing by your		
primary care physician	:	
Signature:	Date:	

GETTING STARTED

N	а	m	۱e	

Age	
Phone	

Email

What are your fitness goals:

- __ General fitness
- ___Sport specific or performance
- __ Injury prevention/rehab
- __ Weight loss
- __ Strength training
- ___ Balance/mobility/flexibility+
- __ Other

Have you worked with a personal trainer

before? _____

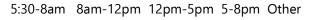
If Yes, how long ago? _____

Circle all that apply:

I would like to train on these days

Mon Tue Wed Thurs Fri Sat Sun

Best time of day:





FAQ

How long is each session?

30 or 60 minute sessions are available for

Personal Training, 60 minutes sessions for the Train Together option.

How do I pay for my Personal Training sessions?

Personal Training sessions are purchased with Andrea and paid in advance of the scheduled appointment with a trainer.

How often should I meet with my trainer?

Frequency may vary depending upon your individual needs and trainer's availability.

What if I cancel?

If you must cancel, we require 24 hour notice in advance of a scheduled appointment. Any cancellation must be communicated directly with the trainer. One session will be deducted from your training package unless certain medical reasons prevent you from attending.



the PERSONAL TRAINING



HELPING YOU ACHIEVE YOUR GOALS

Whether you're a beginner or veteran, we have the PERSONAL TRAINING program for you.