

About Personal Training

Personal training provides client with an individualized fitness program designed to reach specific health and fitness goals with the consideration of specific client needs and level of experience.

Personal Training Packages Include:

- **1 complimentary fitness assessment to help determine program design**
 - HEALTH HISTORY QUESTIONNAIRE
 - MEASUREMENTS OF BODY WEIGHT AND BODY FAT
 - GOALS AND NEEDS ASSESSMENT
 - LIFESTYLE QUESTIONNAIRE
- **Monthly Fitness Calendar**
- **2 Cardio Workouts**
- **1 Flexibility and Mobility Program**
- **1 Core Stability Program**

Personal Training Packages

Transformation: 4-5 sessions each week; 16 total sessions each month -\$800

Lifestyle: 2-3 sessions each week; 8-12 total sessions each month -\$720

Learn: 1 session each week; 4 total sessions each month -\$280