

Frequently Asked Questions

Why should I hire a personal trainer?

A: Hiring a trainer gives you the benefit of having a fitness professional instruct you how to achieve your goals efficiently and effectively. Also, it can work wonders for improving your motivation and discipline!









Which trainer is right for me?

A: Each trainer is unique in his/her style and coaching approach. To find the right fit for you A) speak with the Wellness Director or B) meet with the trainer you think you like before initiating any exercise sessions.

How fast will I see results?

A: Achieving your desired results is determined by a number of factors (goals, training time, healthy habits, level of commitment, etc.). However, despite all of the limiting factors, measurable results can occur within 4-6 weeks.

Benefits of Personal Training

-  Boost motivation
-  Develop a safe, effective workout
-  Gain strength and endurance
-  Improve self-image
-  Increase energy level
-  Increase flexibility
-  Improve balance & posture
-  Lose weight!

Pricing

Hourly rates

½ hour session	\$20
1 hour session	\$40

Package rates

4 1-hour sessions	\$150
6 1-hour sessions	\$210
8 1-hour sessions	\$260
12 1-hour sessions	\$330

- ★ All packages must be purchased at the front desk
- ★ One hour of nutritional counseling can be substituted for an hour of personal training with the purchase of any package
- ★ All packages must be utilized and completed within 45 days of purchase or unused sessions will be forfeited

For office use only

05FITPT4HR
05FITPT6HR
05FITPT8HR
05FITPT12HR

Program contact information

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