

PERSONAL TRAINING

The Roger W. "Pip" Moyer Community Recreation Center at Truxtun Park (PMRC) offers a variety of Personal Training options to help you achieve your health and fitness goals.

Benefits of Personal Training

- Certified Personal Trainers will provide for you a customized, goal oriented, and progressive workout plan.
- Sessions are tailored to address your individual needs, your experience level and any specific health considerations you may have.
- A variety of fresh training methods and techniques are continuously applied to create fun, safe, challenging and effective workouts.
- Your trainer will also nurture your motivation, hold you accountable for your own success, and educate you on the principles and philosophies of fitness needed to efficiently achieve your desired results.

Availability

Personal Training is available to anyone with a Full Membership at the "Pip" Moyer Recreation Center.

Consultation

All personal training options include a complimentary 30-minute fitness orientation.

During the consultation, your trainer will review and discuss your health and medical history, your workout history, and your fitness goals.

Baseline measurements, an exercise equipment orientation and a physical fitness assessment may be included as necessary.

Any information provided during the consultation is considered voluntary and confidential. The information is used strictly for the planning and development of a safe, effective, and customized exercise program.

Individual Training – 30 Minutes	Rate
Single Session	\$23
3 Sessions	\$59
6 Sessions	\$123
12 Sessions	\$225
Individual Training – 60 Minutes	Rate
Single Session	\$45
6 – Session Punch Card	\$244
12 – Session Punch Card	\$450
Semi-Private Training – 60 Minutes	Rate
Single Session	\$34 pp
6 Sessions	\$183 pp

Personal Trainer Business Plan Template

Laura Augenti



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Table of Contents Personal Trainer Business Plan Template

1. Understanding the eBook Personal Trainer Business Plan Template
 - The Rise of Digital Reading Personal Trainer Business Plan Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Trainer Business Plan Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Trainer Business Plan Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Trainer Business Plan Template
 - Personalized Recommendations
 - Personal Trainer Business Plan Template User Reviews and Ratings
 - Personal Trainer Business Plan Template and Bestseller Lists
5. Accessing Personal Trainer Business Plan Template Free and Paid eBooks
 - Personal Trainer Business Plan Template Public Domain eBooks
 - Personal Trainer Business Plan Template eBook Subscription Services
 - Personal Trainer Business Plan Template Budget-Friendly Options

6. Navigating Personal Trainer Business Plan Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Personal Trainer Business Plan Template Compatibility with Devices
 - Personal Trainer Business Plan Template Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Trainer Business Plan Template
 - Highlighting and Note-Taking Personal Trainer Business Plan Template
 - Interactive Elements Personal Trainer Business Plan Template
8. Staying Engaged with Personal Trainer Business Plan Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Trainer Business Plan Template
9. Balancing eBooks and Physical Books Personal Trainer Business Plan Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Trainer Business Plan Template
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Personal Trainer Business Plan Template
 - Setting Reading Goals Personal Trainer Business Plan Template
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Trainer Business Plan Template
 - Fact-Checking eBook Content of Personal Trainer Business Plan Template
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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