

# 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

**Christian Drosten**



## **Personal Trainer Business Plan Template:**

## Whispering the Strategies of Language: An Mental Journey through **Personal Trainer Business Plan Template**

In a digitally-driven world wherever displays reign great and instant connection drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases frequently get unheard. However, situated within the pages of **Personal Trainer Business Plan Template** a charming literary prize sporting with fresh emotions, lies an exceptional quest waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very material of every word. Within the emotional depths of this poignant review, we will embark upon a heartfelt exploration of the book is key subjects, dissect its fascinating publishing model, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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