

# 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

**Taz Dunstan, Kat Payen-Payne**



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

## The Enigmatic Realm of **Personal Trainer Business Plan Template**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Personal Trainer Business Plan Template** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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