

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

Michael Seilmaier

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Personal Trainer Business Plan Template:

The Business of Personal Training Scott Roberts, 1996 Whether you are considering a career as a personal trainer or searching for ways to increase revenue and gain new clients for your existing business you will find *The Business of Personal Training* to be an indispensable reference Written by some of the most successful personal trainers in the country this book provides the foundation for building your personal training business *The Business of Personal Training* discusses not only how to build a solid business but also how to be an effective trainer After an outline of the history of the profession and the qualifications needed to be a personal trainer the book explains how to develop a mission statement and business plan create strategic and creative marketing plans establish prices for services hire and train staff members improve client trainer communication motivate clients and help them set goals and design appropriate exercise programs Nineteen sample forms make it easy for you to put the ideas presented into practice Learn from veteran personal trainers what it takes to succeed The practical advice provided in *The Business of Personal Training* is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers

How to Start a Home-Based Personal Trainer Business Laura Augenti, 2010-01-06 Making money from exercise may seem like a pipe dream to many but in fact physical fitness is fast becoming one of America's hottest new professional fields Here a successful personal trainer gives expert advice on every aspect of setting up and running a home based personal trainer business Readers will learn how to get started develop a service manual screen clients serve customers learn from the competition and set up a home office as well as how to use the Internet to develop one's business Turn your fitness passion to profit Get trained and certified Set your own schedule Establish long term client relationships Become the trainer everybody wants

How to Open and Operate a Financially Successful Personal Training Business John N. Peragine, John N Peragine Jr, 2008 Book CD ROM The manual delivers literally hundreds of innovative ways demonstrated to operate streamline your business Learn new ways to make your operation run smoother and increase performance shut down waste reduce costs and increase profits In addition you will appreciate this valuable resource and reference in your daily activities and as a source of ready to use forms Web site resources and operating and cost cutting ideas that can be easily applied to your operation The Companion CD ROM has the actual business plan you can use in MS Word™

The Business of Personal Training Nutting, Mark A., 2019 From marketing and sales to budgets staffing and clientele issues *The Business of Personal Training* walks you through the business based side of personal training while teaching you the valuable skills you will need to start build and grow your business

Business Plan Template Personal Trainer Molly Elodie Rose, 2020-03-09 This business book is different Unlike every other book you will read with titles like *How To Craft The Perfect Business Plan in 89 Incredibly Simple Steps* this book is different It's a simple *How To* guide for creating a Business Plan that's right for you and your business and also an easy to follow workbook The workbook will guide you through the process you need to follow It tells you the questions that you need

to consider the numbers you need and how to get them and supporting documents you need to gather The main purpose of a business plan is to aid YOU in running YOUR business So the workbook has been designed for you to write the information in and refer back to as needed If you need to supply your Business Plan to another party such as a bank if you re looking for finance then it s simple to type up the various sections for a professional document Running your own business is both a challenging and daunting prospect With a well thought out business plan in place anticipating the challenges you ll face AND the solutions it will be much less daunting and much more exciting Good luck Molly

Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months Tony Attridge,Martine Felice,2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification studying to become personal or fitness trainers The text contains core and elective units to support a range of fitness specialisations Fitness Trainer Essentials 3e teaches the basics of fitness and nutrition principles covers more on functional testing and nutritional assessment and guidelines With a shift to full colour throughout and an abundance of new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices Fitness Trainer Essentials 3e assumes that the reader has acquired the Certificate III in Fitness qualification Therefore the topics covered in the text by Marchese have not been repeated in this text Additional review questions are also available to retouch on key points from a Certificate III perspective

The Complete Guide to Personal Training Morc Coulson,2024-10-10 A revised and updated third edition of the popular Complete Guide to Personal Training with up to date content and new exercises This is the complete reference guide for anyone working as a personal trainer or studying to become one with an in depth look into the role of the trainer in relation to codes of conduct and client care This comprehensive book contains practical tips and advice for designing a range of exercise programmes for clients It also focuses on the best ways to sustain a financially successful personal training business and stand out from the crowd This new third edition includes Brand new illustrated stretches and exercises Advice on training at home or outdoors A spotlight on client well being Updated government guidelines statistics and scientific findings Guidance on adapting exercises for disabled or vulnerable clients National guidelines for nutrition and weight This is essential reading for personal trainers in the health and fitness industry and for those teaching or studying for qualifications in this area

ACSM's Certification Review ACSM,2013-02-01 ACSM s Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain

Progressive Business Plan for a Mobile Personal Fitness Trainer Company Nat Chiaffarano MBA,2018-09-02 Get Smarter About Your Chosen Business Venture This book contains the detailed content and

out of the box ideas to launch a successful Mobile Personal Fitness Trainer Company This Business Plan Book provides the updated relevant content needed to become much more knowledgeable about starting a profitable mobile personal fitness trainer company The fill in the blank template format makes it very easy to write the business plan but it is the out of the box strategic growth ideas and detailed marketing plan presented for your specific type of business that will put you on the road to success This book features in depth descriptions of a wide range of innovative products and services and a comprehensive marketing plan that has been customized for your specific business It also contains an extensive list of Keys to Success Creative Differentiation Strategies Competitive Advantages to seize upon Current Industry Trends and Best Practices to exploit Helpful Resources Actual Business Examples Sourcing Leads Financial Statement Forms and Alternative Financing Options If your goal is to obtain the business knowledge industry education and original ideas that will improve your chances for success in a mobile personal fitness trainer company then this book was specifically written for you *Becoming a Personal Trainer For Dummies* Melyssa St. Michael,Linda Formichelli,2011-03-08 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in *Becoming a Personal Trainer For Dummies* If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs *Becoming a Personal Trainer For Dummies* includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources *Becoming a Personal Trainer For Dummies* gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career XLPT 7 Day DIY Designer Body Program 2021 Taz Dunstan,Kat Payen-Payne,2021-09-09 A world first health focused flexible program that is going to change the way you see and attain your health and fitness goals This is a DIY program designed for both men

and women to achieve the bodies they want by following simple self care foundations on a daily basis You can complete the program in the comfort of your own home in your own time and without the need of expensive equipment gym access designer sportswear or any other restriction Strategies for Success ,2005 **Start Your Own Personal Training**

Business The Staff of Entrepreneur Media,Cheryl Kimball,2016-11-21 Personal training is an exciting industry to be in right now Starting a personal training business can offer a satisfying combination of financial reward a flexible schedule and a career where you can make a profound difference in the lives of others As skilled personal trainer having good business knowledge and judgment can be the first step to earning a substantial income In this revised guide our experts teach you the nuts and bolts of starting a business including everything from writing a business plan to finding a profitable niche within the exercise and sports community From boutique studios to partnerships with schools and private trainers this book will help get you started on the right foot One-Page Marketing Plan: Quick Guide to Attract Customers & Skyrocket Sales Mateo

Reyes,2025-09-05 Does marketing your business feel overly complex and stressful Many business owners write long marketing plans that end up collecting dust These plans are filled with jargon and theories but lack a clear path to action This results in wasted money random marketing efforts and slow growth This book eliminates the confusion It provides a simple direct system to create a complete marketing plan on a single page This powerful exercise forces you to focus only on the activities that attract customers and increase your sales This quick guide will show you how to Define your ideal customer and create a message that gets their attention Select the right marketing channels to reach people who want to buy Create a simple process to turn interested leads into loyal customers Build a clear action plan that your whole team can follow Develop your entire marketing strategy in just a few hours Stop the guesswork and random acts of marketing A simple plan is a plan that gets used and a plan that is used gets results This book gives you the clarity needed to grow your business with confidence To get your powerful one page marketing plan click the buy button now **Essential Study and**

Employment Skills for Business and Management Students Kevin Gallagher,2016 Essential Study and Employment Skills for Business and Management Students offers a comprehensive one stop guide that will equip you with all the necessary skills needed to enhance your success both during university and in your future working environment It covers all the core areas associated with business and management degrees and offers a unique focus on employability to ensure that you can translate the skills you acquire into professional practice This third edition has been fully revised to include a new group activity in each chapter as well as updated activities throughout to reinforce the skills introduced in each chapter The content and structure of the book has been updated to focus more effectively on core areas such as the use of quantitative data and the development of professional skills and employability With the main focus of the book firmly on active experimentation and reflection Essential Study and Employment Skills for Business and Management Students remains unparalleled as a resource to support encourage and develop business and management students throughout their time at

university and beyond Online Resource Centre For students Selected activities from the text including templates to complete online Answer guidance on writing style and using a narrative approach Critical incidents log Excel workbook to provide additional support in areas such as constructing pie charts bar charts and line charts Information on using Excel in data analysis Web links YouTube channel featuring relevant videos on skills including interviews with students and graduates that accompany the book For lecturers PowerPoint slides **IDEA Personal Trainer Business Book** Denis Gagnon,1996

How to Build Your Own Fitness Boot Camp Jesse Stoddard,2015-06-01 My personal step by step blueprint for building a profitable bootcamp from scratch in less than 90 days earning me over 300 an hour as a group fitness instructor Praise It is a pleasure to be on The Fitness Boot Camp Inner Circle Podcast with Jesse every week He brings a lot to the show and contributes even more to our Boot Camp Inner Circle coaching clients He truly is a master at building fitness businesses that help fitness professionals gym owners and trainers to find freedom Georgette Pann BS CPT CSN Author of Sure Victory Boot Camps *How To Build Your Own Fitness Boot Camp* is yet another example of Jesse s willingness to pay forward In a profession where being able to leverage your time to help many instead of few is critical to career success this book is the blue print to allowing other fitness professionals like myself the opportunity to achieve this Dave Schmitz PT CSCS PES Resistance Band Training **Managing the Training Function For Bottom Line Results** Jean Barbazette,2008-05-14

This book presents time saving strategies tactics and a host of job aids to get the best result from the corporate learning function It will serve both as a must have reference tool and as a practical survival guide for workplace learning professionals who face unique challenges in accomplishing their responsibilities Several strategies and tactics are offered to organize the roles and responsibilities of the training function There s authoritative advice too for managing the function including staff management communicating expectations setting the learning agenda coaching subject matter experts hiring consultants and vendors managing content working with learning portals setting up and managing a learning resource center marketing and building internal support for training and integrating learning into the business [The Business of Healthcare](#) Kenneth H. Cohn,Douglas E. Hough,2007-12-30 The rapid pace of change in the healthcare industry is creating turbulence for just about everyone For consumers affordable access to quality healthcare is an issue of primary importance For employers health benefits have grown to be an alarmingly large component of their compensation packages For physicians and other healthcare providers practice management has become increasingly demanding Each of this set s three volumes untangles the complexity provides answers to knotty questions and points the way toward better healthcare for all Features include commentary prescriptions and insights from leaders in the healthcare industry including physicians attorneys administrators educators and business consultants The result a landmark set filled with provocative analysis and practical recommendations destined to improve the delivery of healthcare The rapid pace of change in the healthcare industry is creating turbulence for just about everyone For consumers affordable access to quality healthcare is an issue of primary importance For employers

health benefits have grown to be an alarmingly large component of their compensation packages For physicians and other healthcare providers practice management has become increasingly demanding Complexity is the rule thanks to government regulations and insurer requirements the expansion of technology in everything from diagnosis to records and the desire of policymakers and others to have a say in how healthcare is delivered and to whom The Business of Healthcare provides Rx to these and other challenges in three volumes Volume 1 Practice Management Volume 2 Leading Healthcare Organizations Volume 3 Improving Systems of Care Each volume features commentary and insights from leaders in the healthcare industry including physicians attorneys administrators educators and business consultants The result a landmark set filled with provocative analysis and practical recommendations destined to improve the delivery of healthcare The Business of Healthcare presents ideas and information that until now have been sequestered in a variety of professional journals and books in isolation from each other For the first time healthcare professionals consumers scholars students and policymakers alike will have access to the same body of information about a critical sector of the economy one that represents 15 percent of the U S national GDP consumes 10 percent of federal government spending and employs twelve million people This three volume set will address the current debates that are determining the future course of the industry Volume 1 Practice Management Physicians are beginning to realize that in addition to providing health care they are owners and managers of multi million dollar enterprises Unfortunately most have not received formal training in the skills needed to operate such a business In this volume experts will present practical advice for physicians as well as their practice managers and staff to improve operations Topics include The opportunities and challenges of solo practice The logistics of joining and leaving a physician practice Performance management in physician practices Creating a culture of accountability in physician practices Managing difficult and disruptive physicians Developing and promoting a physician practice Internet marketing of physician practices The potential benefits and implementation roadblocks of pay for performance Accounts receivable management in hospital and physician practices The future of the physician practice Volume 2 Leading Healthcare Organizations Whether running their own practice or working as a part of a larger organization health professionals are being called upon to provide leadership something more important than ever in health care where some sectors of the industry are in turmoil while others are being transformed entirely This volume will offer insights into the changing role of leadership throughout an organization and describe how health professionals can exert their influence to effect positive change Topics covered include Perspectives on leading complex healthcare delivery systems Mending the gap between practicing physicians and hospital executives The physician s role on the hospital board and a blueprint for success The impact of biotechnology advances on healthcare delivery The impact of informatics on healthcare delivery The next frontier in addressing clinical hospital supply costs Liability risk management Saving money and relationships Pastoral medicine The impact of pastoral care The role of complementary and alternative medicine in healthcare today Volume 3 Improving Systems

of Care This volume explores the current state of health care and it describes the critical issues that must be resolved in the short run and the long run to ensure that the industry provides the value that the public both demands and deserves Topics include Quality in healthcare concepts and practice Adapting proven aviation safety tools to healthcare Improving healthcare by changing the safety culture Introduction to healthcare information technology Market dynamics and financing strategies in the development of medical technologies An innovative service delivery model for specialized care The impact of healthcare on the US economy Improving systems of care a patient s perspective The cost of end of life care Building the bridge between business and medicine Better more efficient healthcare is not just possible but needed more than ever The Business of Health Care will help lead the way toward a healthier happier society Principles and Practice of Pharmaceutical Medicine Lionel D. Edwards,Anthony W. Fox,Peter D. Stonier,2011-07-12 The new edition of Principles and Practice of Pharmaceutical Medicine is a comprehensive reference guide to all aspects of pharmaceutical medicine New content includes chapters and coverage on regulatory updates increasing international harmonization transitional and probabilistic approaches to drug development the growing sophistication and regulatory importance of pharmacovigilance personalized medicine and growth in biotechnology as a source of new experimental drugs

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