

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
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Semi-Private Training – 60 Minutes	Rate
Single Session	\$34 pp
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Personal Trainer Business Plan Template

Molly Elodie Rose



Personal Trainer Business Plan Template:

The book delves into Personal Trainer Business Plan Template. Personal Trainer Business Plan Template is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Personal Trainer Business Plan Template, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Personal Trainer Business Plan Template
 - Chapter 2: Essential Elements of Personal Trainer Business Plan Template
 - Chapter 3: Personal Trainer Business Plan Template in Everyday Life
 - Chapter 4: Personal Trainer Business Plan Template in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Personal Trainer Business Plan Template. The first chapter will explore what Personal Trainer Business Plan Template is, why Personal Trainer Business Plan Template is vital, and how to effectively learn about Personal Trainer Business Plan Template.
 3. In chapter 2, the author will delve into the foundational concepts of Personal Trainer Business Plan Template. This chapter will elucidate the essential principles that need to be understood to grasp Personal Trainer Business Plan Template in its entirety.
 4. In chapter 3, this book will examine the practical applications of Personal Trainer Business Plan Template in daily life. The third chapter will showcase real-world examples of how Personal Trainer Business Plan Template can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Personal Trainer Business Plan Template in specific contexts. The fourth chapter will explore how Personal Trainer Business Plan Template is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Personal Trainer Business Plan Template. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Personal Trainer Business Plan Template.

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