

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

Melyssa St. Michael, Linda Formichelli



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™ **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 *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'll need to start, build and grow your business.

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

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Personal Trainer Business Plan Template Introduction

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