

# 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

**Arturo Cuomo**



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