

\* Required Fields

## Is Personal Training for YOU?

### Do you...

- Find gyms intimidating?
- Start your exercise with a bang & slowly fizzle?
- Lack of discipline & motivation?
- Reach a plateau & get frustrated with your results?
- Lose focus?
- Get bored?
- Like to exercise with someone?
- Wonder if you are exercising correctly, efficiently or safely?

**If you answered Yes to any of the above, Personal Training is for YOU!**

Let Health Strategies Personal Trainers take the confusion out of making your fitness dreams a reality.

### Maximum Benefit- Minimum Time

#### Personal Training Benefits:

- Weight Loss
- Build A Sculpted, Strong Body
- Decrease Stress
- Improve Sleep
- More Energy
- Improve Balance
- Friendly Expert Guidance

Our Personal Trainers help you set realistic and exciting goals and we provide the encouragement you need to get you to those goals fast and efficiently. Working with a Health Strategies Personal Trainer helps you find potential you didn't know you had.

Personal Training can vary from one session to regularly scheduled appointments. You may select one-on-one training, couples training or group training. Select the training package that best fits your fitness needs and schedule.

Don't waste another day to make a commitment to yourself and your future!

### It's All About You!

We offer specialized service such as:

- Older Adult Training
- Pre - Postnatal Training
- Posture & Balance
- Pre & Rehab Training
- Back Care
- Sports Specific Training
- Weight Management
- Stress Management
- Chronic Disease Management

Since everyone comes to us with very different goals, fitness levels, and lifestyles we conduct a thorough fitness evaluation to determine how best to personalize your program.

The fitness evaluation includes the following tests:

- Aerobic Capacity
- Muscular Strength & Endurance
- Body Fat
- Flexibility

Our trainers also discuss your current lifestyle, exercise history, goals, medical history and challenges and any expectations or concerns you may have.

Couples & Group Training are also available. We also have hourly and non-member rates available. Help yourself get a jump start one-on-one with a personal trainer at Health Strategies. Health Strategies personal trainers can help you establish realistic and measurable short and long term goals.

Personal training sessions at Health Strategies will assist you in:

- Increasing cardiovascular fitness
- Improving flexibility, balance and posture
- Improving muscle strength and endurance
  - Increasing lean muscle mass
  - Decreasing percent body fat
  - Increasing daily energy levels
- Increasing overall joint range of motion

### **Personal Training Prices:**

#### **Member Prices:**

1/2 hour package: \$25.00

1 hour package: \$40.00

5 hour package: \$188.00

10 hour package: \$350.00

**Senior (60+) or Wesley Employee:**

1/2 hour package: \$20.00

1 hour package: \$30.00

5 hour package: \$138.00

10 hour package: \$250.00

Body fat analysis: \$10.00

Fitness assessment: \$20.00

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**Non-member Prices:**

1/2 hour package: \$35.00

1 hour package: \$50.00

5 hour package: \$238.00

10 hour package: \$450.00

**Senior (60+) Non-member:**

1 hour package: \$33.00

5 hour package: \$150.00

10 hour package: \$275.00

Body Fat Analysis: \$20.00

Fitness Assessment: \$40.00

\*Fitness assessment is free with all 10 hour purchases!

\*Couples training available upon request

Call 962-8015 for more information or submit information below and someone will contact you.

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General Internet communication is inherently not secure. For this reason, we highly recommend that data considered confidential or private in nature not be submitted on this form. (e.g., Social Security Numbers, Diagnosis Information, Credit Card Numbers, etc.)