

# PERSONAL TRAINING

@ the H-F Racquet & Fitness Club

## What does *Personal Training* give you?

- Personalized instruction from an ACE- and AFAA-certified trainer
- Complete fitness assessment
- Tailoring to your specific goals
- Re-evaluation of your progress on a continuing basis

## What can *Personal Training* offer you?

- One-on-one training
- Partner training
- Small group training for three to four participants
- Activity-Specific Training (golf, tennis, swimming, basketball, running, body building or cycling)
- Specialty Offerings:  
Yoga, Pilates, Aqua, Cardio
- Post-rehabilitation program
- No long-term commitments

## What are the benefits of *Personal Training*?

- Improved cardiovascular health and physical performance
- Increased flexibility, muscular strength and endurance
- Improved balance, posture and body mechanics
- Improved body composition and weight management
- Better stress management
- Heightened athletic performance through sport-specific conditioning
- Reaching your fitness goals!



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# Personal-Training Packages to Fit Your Lifestyle!

## New Client Packages (One-on-One)

|                   | 55-min. sessions     | 30-min. Express sessions |
|-------------------|----------------------|--------------------------|
| 5 sessions .....  | \$230 (\$46/session) |                          |
| 10 sessions ..... | \$410 (\$41/session) | \$290 (\$29/session)     |

## Extended Training Packages (One-on-One)

|                   | 55-min. sessions     | 30-min. Express sessions |
|-------------------|----------------------|--------------------------|
| 5 sessions .....  | \$205 (\$41/session) |                          |
| 10 sessions ..... | \$390 (\$39/session) | \$260 (\$26/session)     |
| 20 sessions ..... | \$720 (\$36/session) | \$480 (\$24/session)     |

*\$42 single sessions available. \$29 single sessions available.*

## Partner Training (55-min. sessions only)

|                   | New Client Package        | Extended Training Package |
|-------------------|---------------------------|---------------------------|
| 10 sessions ..... | \$270 pp (\$27pp/session) | \$250 pp (\$25pp/session) |

*Note: Any package with an Advanced Personal Trainer incurs an additional fee.*



### ALSO AVAILABLE AT THE CLUB:

- Advanced Personal Trainers — All trainers on staff are ACE and AFAA certified. The Club also employs Advanced Personal Trainers, who have excelled in secondary certification, hours of experience, peer leadership and industry involvement.
- Fitness & Nutrition Package — Available as One-on-One or Partner programs.
- Diet & Nutrition Counseling — Offered in partnership with the onsite Ingalls Wellness Center.

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