

PERSONAL TRAINING LEVELS AND RATES

LEVEL 1- Included with a 6 or 12 month membership contract.

Level 1 Includes:

- Consultation & Initial Health and Fitness Assessment
 - Body Fat %
 - Weight
 - Measurements (waist, hip,etc.)
 - Aerobic Fitness Level
 - Strength Level
 - Flexibility
- Customized Fitness Program
- Daily Group Assistance (proper technique)
- Quarterly Assessment/Review

With these base line assessments a qualified Personal Trainer(PT) will develop a customized Fitness Program based on your specific goals. If a PT is on the floor with a scheduled PT appointment. He or She is not to be interrupted. Otherwise, the PT on the floor may offer proper instruction on weight lifting, cardio, intensity levels, etc.

LEVEL 2- Available to any Powerhouse Gym member (with a valid membership contract).

Level 2 Includes:

- Consultation & Initial Health and Fitness Assessment
 - Body Fat %
 - Weight
 - Measurements (waist, hip,etc.)
 - Aerobic Fitness Level
 - Strength Level
 - Flexibility
 - Daily Nutritional Intake
- Customized Fitness Program
- Customized Nutrition program
- One on One with a PT
- 1Mo., 2Mo., 3Mo., 6Mo., & 12Mo. Assessment

With these base line assessments a qualified Personal Trainer(PT) will develop a customized Fitness Program based on your specific goals. The Pt will work with you, side by side, and give individual instruction on weight lifting, cardio, intensity levels, etc. This is only during scheduled and paid for appointments.

½ Hr. Session - \$30.00

4- 1/2Hr.Sessions \$108.00(10% Discount)

8- 1/2Hr.Sessions \$204.00(15% Discount)

16- 1/2Hr.Sessions \$360.00(25% Discount)

1 Hr. Session - \$40.00

4- 1Hr.Sessions \$144.00(10% Discount)

8- 1Hr.Sessions \$272.00(15% Discount)

16- 1Hr.Sessions \$480.00(25%