



# PERSONAL TRAINING IS FOR YOU!

Does your body need a jump start, tune up, tone up or extreme makeover? This is a great time to commit to a new whole you! Whether you are striving to lose weight, reach better sport specific conditioning or are just tired of your current fitness regime. Our nationally certified trainers can help you achieve your goals and will take into account your past and present workout and health history when developing your individualized program.

## An initial 1-hour consultation is required and will include:

- Strength and cardiovascular tests
- % body fat analysis
- Blood pressure
- Flexibility test
- Target heart rate
- Exercise plan
- Realistic and attainable goal setting
- Posture assessment
- Individualized goal setting and program planning



## Your trainer:

- Works with you one-on-one to meet your goals
- Helps you to stay focused, accountable and motivated
- Varies your routine for best results
- Adds education and fun to your workouts
- Reduces intimidation
- Enhances strength and conditioning to improve your quality of life
- Helps you learn proper form



## Price list:

- Fitness Assessment - \$35
- One (1) session - \$40
- Three (3) sessions - \$110
- Five (5) sessions - \$180
- Ten (10) sessions - \$320
- Twenty (20) sessions - \$600
- Small group personal training – \$84  
6 week session



Call 248-4845 today to schedule an appointment!

## Meet Your Personal Trainers!

**Terri Orr, Registered Yoga Instructor**  
Breathe Yoga



**Chris Hare, Certified Personal Trainer**  
Cooper Institute



**Kurt St. Louis, Certified Personal Trainer**  
AFAA Certified



*Give the Gift of Health!*

S P O R T S   C L U B



WOODCLIFF HOTEL & SPA

# NEW CLASSES

# GROUP TRAINING

\*Fully instructional training\*



**Room is limited, so sign up TODAY!**

**MEN'S GROUP PERSONAL TRAINING** with AFAA Certified Personal Trainer **Kurt St.Louis**. Subject yourself to my fully instructional training program. Indoor and outdoor routines, weather permitting. Multi level sessions including, but not limited to; functional exercises, open and closed kinetic training, endurance, power, stability, and muscular fitness. Learn how to build your muscles, lose those extra pounds, or just add a twist to your normal routine!

- Call 1-585-248-4845 for prices and additional information