



**Center for  
HealthFitness**

Washington Township

## *Personal Training Programs*

**New Member Starter Pack** Perfect for new members or existing members beginning an exercise program. Meet with your personal trainer 4 times to set up a comprehensive entry level personal fitness program. Receive a customized program that includes strength training exercises, cardiovascular prescription and a stretching routine.

Starter Pack: Total of four- 30 minute sessions. Cost \$99

**Time Challenged Circuit Workout** If you are always on the go and need an intense time-efficient workout, this is the package for you. Your personalized program will include a routine for your entire body but still can be performed in as little as 30 minutes per day.

Total of four- 30 minute sessions. Cost \$99

**Intro to CAP - Sport Specific Package** Golf, tennis, basketball, skiing, you name it, we can get you ready. Learn how to incorporate “functional” exercises into an exercise program. These exercises will provide you with the necessary balance, stability, and energy systems necessary to compete in your sport. Our specialized personal training staff will take you through a variety of modalities including strength exercises, anaerobic/ interval training, footwork drills, agility, and plyometric training to improve sports performance.

Total of two – 60 minute sessions. Cost \$99

**Core Training (abdominal and lower back)** Did you know that a majority of lower back pain is caused by weak abdominal muscles, bad posture, and lack of flexibility or a combination of all three? We will design a custom program to target the weak areas and strengthen your body. You will learn strength exercises to improve posture, and learn stretches to get your back feeling better.

Total of two- 60 minute sessions. Cost \$99

**Body Before/After Baby** Jump start your way to a better body before or after having a baby. You will strengthen and tone important pregnancy muscles, learn safe and effective training techniques, and feel better about your body.

Total of four- 30 minute sessions. Cost \$99

**\* Note that all personal training programs listed above are for VCHF Members only and are limited to a one time purchase. Additional hours can be purchased using the prices listed on the back.**

## *Personal Training Rates*

<b>Trainer Packages</b>	<b>One hour</b>		<b>Half hour</b>		
	<u># of sessions</u>	<u>Member</u>	<u>Non-member</u>	<u>Member</u>	<u>Non-member</u>
	1	\$ 55	\$ 65	\$ 40	\$ 50
	3	\$ 150	\$ 180	\$ 90	\$ 120
	5	\$ 250	\$ 300	\$ 150	\$ 200
	10	\$ 500	\$ 600	\$ 300	\$ 400

\*All of our personal trainers are highly skilled professionals with a Bachelor's Degree in Exercise Science and have at least one nationally recognized personal training certification.

*For more information or to sign up with a Personal Trainer please contact the Member Service Desk at 856-341-8111.*