



Are you a body at rest or a body in motion?

Vitality Expressed

Personal Training Packages

(Pricing is based on sessions that take place at your home or fitness center. A surcharge may apply at certain workout facilities.)

Personalized Training Sessions

Sessions may include intake, gathering health history, exercise testing, postural analysis, goal setting and establishing benchmarks. The type of work that takes place will depend on what it is you would like to achieve. Do you want to learn to do a full circuit weight training routine? Great. Do you want to lose a couple extra pounds? No problem. Are you concerned with the results of a DEXA Scan or your most recent blood test? That can be a goal too. Exercise sessions can be friendly and rehabilitative or you can be pushed to your limits. We can workout at a gym, an aerobics room, a pool or your home.

Single Sessions:

The single session option is perfect if you travel a lot and aren't always in town, if you just want to try out a single session to see how you like it, or even if you just don't like commitment. It is difficult to produce lasting, life-changing results in an hour, but you will still get a good, solid, individualized workout and/or wellness consultation. **Hour long single sessions are billed at the rate of \$80 per session**, payable at or before the time of appointment.

5-Session Package:

For most people, it is beneficial to commit to a series of personalized training sessions. A **package of ten 1-hour sessions is billed at the rate of \$700. This is a cost savings of \$100!** Working with a trainer over the course of multiple sessions will lead to longer lasting results. Scheduling preference is given to multi-session pass holders.

Elder Size:

It is **never too late** to start an exercise routine. Working with elderly clients involves improving activities of daily living, functional body movements, simple range-of-motion, gait training, increasing mobility and keeping a client happy and healthy and as able as possible. It is critical to all humans to receive touch. Gentle massage and assisted stretching will be incorporated into these sessions. A series of **ten 30-minute sessions is billed at a rate of \$350**. For best results, at least two to three sessions should occur during the course of a week.

24-hour cancellation notice applies.