

Personal Training Services

Quick Start Package..... \$99

Option #1

Begin your journey with three, 1-hour sessions designed as an introduction to personal training. Your individualized workouts will be based on a foundation of proper movement patterns, core stabilization, and compound joint movements.

Option #2

This package introduces you to both personal training and nutritional services. Begin with two, 30-minute personal training sessions and two, 30-minute nutrition sessions.

Move Well Package..... \$99

Would you like to move better? This package of three, 1-hour sessions includes an evaluation of your movement patterns, corrective exercises, and one full workout. Appointments are as follows:

Session 1: Functional Movement Screen and corrective exercises

Session 2: Review corrective exercises, introduction to core exercises and programming

Session 3: Taken through full workout

Health & Wellness Packages

Stay committed to your exercise program with a fitness specialist's guidance. Programs are designed to help you achieve your goals in a progressive manner. Choose 30-minute or 1-hour sessions.

	30-Minute Individual Workouts		30-Minute Partner Workouts		1-Hour Individual Workouts		1-Hour Partner Workouts	
	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member
1 Session	\$35	\$40	\$50	\$60	\$50	\$55	\$75	\$85
5 Sessions	\$150	\$175	\$230	\$280	\$225	\$250	\$350	\$400
10 Sessions	\$280	\$330	\$430	\$530	\$400	\$450	\$625	\$725
20 Sessions	\$500	\$550	\$780	\$980	\$700	\$800	\$1,000	\$1,200

Appointment Cancellation Policy: A 24-hour notice of cancellation is requested. After one violation, a full session will be deducted from the remaining appointments. The policy will not renew with the purchase of additional sessions.

Non-members are required to complete a Health History Questionnaire (and obtain a Healthcare Provider Acknowledgment Form, if necessary, based on risk factors) prior to participation in personal training services.

If you are interested in purchasing Personal Training, please stop by the Members Services Desk or call us at 814-868-7800.

L|E|C|O|M
THE JOHN M. & SILVIA FERRETTI
MEDICAL FITNESS & WELLNESS CENTER

