











## Reasons for Personal Training with Elements of Exercise








-  Increased motivation
-  Accelerated results
-  Accountability
-  Emphasis on proper technique
-  Decreased risk of injury
-  Private instruction
-  Certified knowledgeable trainers
-  Individualized programs based on your needs and personal goals
-  Progressive training, always new and challenging workouts
-  **MORE FUN!**

Your trainer will work with you to develop a Total Fitness Program that challenges you to improve, but doesn't burn you out.

Your fitness program starts with an initial **FREE** Fitness Assessment and Training Session. During the assessment, you and your trainer will discuss your goals for your training and your previous experience.

Your trainer will also determine your current fitness level which will allow them to develop a program that will help you reach your goals faster.



### **FITNESS ASSESSMENTS MAY INCLUDE:**

-  Body weight
-  BMI (Body Mass Index)
-  Body fat composition
-  Circumference measurements
-  Total body flexibility test
-  Pushup or bench press test
-  3-minute step test











## PACKAGES

**First Initial Consultation is FREE. Call today!**

888.363.3635 or [www.elementsofexercise.com](http://www.elementsofexercise.com)

-  All personal training sessions are **50 minutes**
-  **Group** rates are given to groups of **2-3 people**.

**SPECIFIC PROGRAMS include any or all of the following areas:**

-  Weight Loss and management
-  Toning and Firming
-  Overall Fitness
-  Cardiovascular conditioning
-  Flexibility
-  Body-building
-  Post-rehabilitation
-  Sport-specific skills and F.I.T
-  Nutritional planning
-  Prenatal/postnatal training

<b>PACKAGES*</b>	<b>INDIVIDUAL RATES</b>	<b>GROUP RATE (2 OR MORE)</b>
5 Sessions	\$250	\$200/pp
10 Sessions	\$450	\$250/pp
20 Sessions	\$800	\$400/pp

<b>MONTHLY DEBIT</b>	4-Sessions	\$200/pp
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<b>IN-HOME PACKAGES</b>	Available upon request Mileage charges will apply
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<b>INDIVIDUAL HEALTH &amp; NUTRITION COACHING</b>	50 minute session \$75/pp
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### **Restrictions Apply\*:**

- \* 24 Hour cancellation required or forfeiture of session will apply
- \* Group Sessions - all people must participate in each session in order to receive discount