

WHY PERSONAL TRAINING

TOP 10 REASONS TO TRAIN:

1. Beginning an exercise program
2. Bored with current program
3. Reached a plateau with your program
4. Looking for fitness improvement
5. Need a challenge
6. Lack of motivation
7. Desire fitness education
8. Increase program effectiveness
9. Enhance safety
10. Make exercise FUN!

OUR PERSONAL TRAINING PROGRAM

offers safe and effective, goal oriented training sessions. These sessions can be individual or partner. The Personal Trainers at Fitness Pointe provide fitness counseling, personalized program design, motivation and increased results. We also have a variety of trainers who specialize in:

- Pilates
- Aquatics
- Yoga
- Athletics/Sports Specific Programs
- Cycling
- TRX Suspension Training
- Medical Challenges
- Youth Fitness
- Lifestyle Management
- Kettleballs
- Golf Conditioning and much more!



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Phone: 219-924-5348 | fitnesspointe.org



**COMMUNITY
HEALTHCARE SYSTEM®**

Community Hospital Fitness Pointe®

PERSONAL TRAINING

Excellence in Fitness



For more information
call 219-924-5348

The **PERSONAL TRAINING** Department

The Personal Training department at Community Hospital Fitness Pointe® is comprised of degreed and/or certified health and fitness professionals.

Our Personal Trainers assist clients in beginning, maintaining and progressing with their health and fitness programs. Our clients achieve their health and fitness goals while enjoying our friendly, non-intimidating workout environment.

OUR MISSION

Our mission is to provide superior individualized health and fitness programs while upholding our friendly, personalized customer service.

TRAINING FEES

Individual

(One person)

Single session

\$49 (member)
\$59 (non-member)

5 session package

\$230 (\$46 per session/member)
\$285 (\$57 per session/non-member)

10 session package

\$440 (\$44 per session/member)
\$540 (\$54 per session/non-member)

30 session package

\$1,200 (\$40 per session/member)
\$1,500 (\$50 per session/non-member)

Partner

(Two people training together with one trainer)

Single session

\$75 (\$37.50 per person/member)
\$95 (\$47.50 per person/non-member)

5 session package

\$350 (\$35 per person session/member)
\$460 (\$46 per person session/non-member)

10 session package

\$660 (\$33 per person session/member)
\$860 (\$43 per person session/non-member)

30 session package

\$1,800 (\$30 per person session/member)
\$2,400 (\$40 per person session/non-member)



STAFF CREDENTIALS

Bachelor's and/or master's of Science in health related field

Certification in Lifestyle Management, Neuromuscular Fitness and Pilates Conditioning

AAHFRP - American Academy of Health, Fitness and Rehabilitative Professionals

ACE - American Council on Exercise

ACSM - American College of Sports Medicine

AFAA - Aerobic and Fitness Association of America

ISSA - International Sports Science Association

NSCA - National Strength & Conditioning Association

NASM - National Academy of Sports Medicine

*Trainers hold one or more of the above credentials