5 Reasons to Choose Personal Training

Personalized Fitness Plan – Tailored workouts based on your goals, fitness level and medical considerations.

Expert Guidance – Certified trainers with specialized knowledge in fitness, anatomy and exercise science.

Maximized Results – With proper technique and consistency, you achieve results faster and more efficiently.

Accountability & Motivation – A trainer keeps you on track, helps you push through mental barriers and ensures consistency.

Variety & Fun – Working out with a personal trainer keeps exercise interesting and engaging.

OUR PERSONAL TRAINING PROGRAMS

One-on-One or Partner Personal Training – Individualized or partner sessions are offered with a trainer who is focused on your unique goals.

Results Oriented – Our trainers provide science-based program design, motivation, accountability and goal achievements.

Specialty Training Available – Specialized personal training is available in the following areas:

- Athletics/Sports Specific
- Golf
- Kettlebells
- Pilates
- Strength
- TRX® Suspension Training
- Water Exercise
- Weight Loss

Get Started Today!

Take the first step toward a healthier, stronger you.

Call 219-924-5348 or visit fitnesspointe.org for more information.

Powers HEALTH℠

Community Hospital Fitness Pointe
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Community Hospital Fitness Pointe®

PERSONAL TRAINING

Excellence in Fitness

Powers HEALTH℠



MISSION STATEMENT

At Fitness Pointe, our mission is to empower individuals to achieve their health and fitness goals through personalized training programs that are safe, effective and tailored to each person's unique needs.

We are committed to helping you improve your overall well-being and live a healthier, more active life.

WHAT PERSONAL TRAINING CAN DO FOR YOU

Personal training provides customized fitness programs designed to meet your specific goals, whether you're looking to lose weight, improve strength, improve performance or enhance overall fitness and wellness.

Our certified personal trainers guide you through exercises with proper technique, keeping you motivated and accountable every step of the way.

TRAINING FEES

Individual

(One person)

Single session
$52 (member)
$63 (non-member)

5-session package
$246 ($49.20 per session/member)
$305 ($61 per session/non-member)

10-session package
$471 ($47.10 per session/member)
$578 ($57.80 per session/non-member)

30-session package
$1,284 ($42.80 per session/member)
$1,605 ($53.50 per session/non-member)

PARTNER

(Two people training together with one trainer)

Single session
$80 ($40 per person/member)
$102 ($51 per person/non-member)

5-session package
$375 ($37.50 per person session/member)
$492 ($49.20 per person session/non-member)

10-session package
$706 ($35.30 per person session/member)
$920 ($46 per person session/non-member)

30-session package
$1,926 ($32.10 per person session/member)
$2,568 ($42.80 per person session/non-member)



WHY CHOOSE FITNESS POINTE FOR PERSONAL TRAINING?

Medical Fitness Focus – Our personal training program combines expertly designed fitness plans with the oversight of our medical advisory committee. This ensures a safe, effective, personalized approach to achieving your fitness and wellness goals.

Certified Trainers – Our trainers have bachelor's degrees and/or are certified in various specialty areas.

National Certifying Agencies include:

- **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 and Conditioning Association
- **NASM –** National Academy of Sports Medicine

Holistic Approach – We emphasize a well-rounded approach to health, incorporating fitness, wellness and lifestyle coaching.