

PERSONAL TRAINING SERVICES

*Services are provided by experienced personal trainers with degrees and/or certifications in Exercise Science

Specific areas of training include:

- Weight loss and Maintenance
- Aerobic and Anaerobic Training
- Sport-Specific Training
- Strength Training
- Other individualized programs

Sessions Include

Initial Assessment: Your personal trainer will meet with you to discuss your personal goals. There will also be an opportunity to assess basic baseline measurements of the body.

Exercise Program: An individualized exercise program will be designed for you according to your established goals. You can work with your trainer during your sessions or choose to work alone.



Personal Training Program

Health Benefits:

- Increased energy
- Increased aerobic capacity
- Increased strength
- Lower Blood Pressure
- Lower Cholesterol
- Strong Bones

Individual Sessions

Personal Training	Session Duration	Total Cost
1 on 1	30 min	\$20
	60 min	\$30
1 on 2	30 min	\$30
	60 min	\$40

1 on 1 Packages

	Total # of Sessions	Session Duration	Total Cost	Cost Per Session
1 per week	5	30min	\$90	\$18
	5	60min	\$140	\$28
2 per week	8	30min	\$140	\$17.50
	8	60min	\$220	\$27.50
3 per week	12	30min	\$200	\$16.67
	12	60min	\$320	\$26.67

1 on 2 Packages

	Total # of Sessions	Session Duration	Total Cost	Cost Per Session
1 per week	5	30min	\$140	\$28
	5	60min	\$215	\$43
2 per week	8	30min	\$215	\$27
	8	60min	\$255	\$32
3 per week	12	30min	\$305	\$25
	12	60min	\$365	\$30

Contact Edward Child, Director

Phone (412) 462 -3444 x225

Fax (412) 462-4669

www.homesteadlibrary.org