

GROUP TRAINING



Group training is a great way to involve friends or family members in your personal training experience. You will save money while optimizing your fitness experience! Our group training rates are the same as the regular rates. These rates apply to personal training for groups of four or less.



WHY HIRE A PERSONAL TRAINER?

SAFETY: A personal trainer will show you proper form and technique and how to exercise safely.

EFFECTIVE WORKOUTS: Maximize your time with workouts designed to meet your goals efficiently.

SUPERVISION: Personal trainers will observe, assist, and help you with areas that need improvement.

CONSISTENCY: Scheduling regular sessions helps eliminate excuses you may have for not exercising.

SPORTS-SPECIFIC TRAINING: Workouts can be tailored to your sport of choice.

INJURY REHABILITATION: The road to recovery can be smooth and successful with exercises that emphasize overall muscular balance to prevent future injuries.

SPECIFIC NEEDS TRAINING: Research confirms that individuals with health issues such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular physical activity. The Centre's trainers are experienced in designing programs that address the special needs of these and other conditions.

MOTIVATION: Personal trainers educate, motivate, serve as role models, and encourage you.

EGO BOOST: Not only can personal trainers assist you in achieving your health and fitness goals, they provide you with positive feedback on your performance and boost your confidence.

PRICE LIST

Ask the Trainer:

The first Tuesday of each month (11:30 AM-12:30 AM & 5:30 PM-6:30 PM) and the second Saturday of the month (9:00-10:00 AM), our trainers are available to answer questions regarding your health and fitness goals. Free body fat readings available..... FREE

Bio-Measure:

An easy way to keep track of your progress on your own! An electronic card stores your information and prints a receipt with your weight, height, BMI and body fat percentage

Single Visit \$3
10 Use Card \$10

Fitness Consultation:

A consultation includes an in-depth health and fitness assessment. Trainers will help you set personal, realistic goals and suggest workout options specific to you!

Non-Member \$60
Member \$50

Pt 1:

One-hour training session with a certified personal trainer.

Non-Member \$50
Member \$40

PT 3:

Includes one fitness consultation and two one-hour training sessions or three training sessions if you have already had your free NMFC.

Non-Member \$125
Member \$105

PT 6:

Includes six one-hour training sessions with a certified personal trainer.

Non-Member \$240
Member \$200

PT 9:

Includes nine one-hour training sessions with a certified personal trainer.

Non-Member \$340
Member \$270

*Let us help you meet
your fitness goals!*

Individuals:

The Centre's certified personal trainers can design training programs specific to YOU, based on your profile (including age, fitness level, medical history, schedules, etc.). Your personalized workout will include variety to keep you from burning out and hitting a plateau.

Businesses:

Utilize The Centre's FitBiz Program! Certified personal trainers are available to train you and your co-workers without ever leaving the office! A variety of training materials and styles are offered to give an "extra boost" for everyone to reach their fitness goals. Trainers can assist in structuring wellness plans, create lunch & learn presentations, teach small group exercise and more!

PERSONAL TRAINING



573.341.2FUN(2386)

WWW.ROLLACITY.ORG/CENTRE



ROLLA

Parks & Recreation

THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

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