



We build strong kids, strong families, strong communities.

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## Fitness Appointments

Equipment Orientation- How-to instruction on safe, effective use of cardiovascular and resistance training equipment. Does not include personalized workout routines. Free for members.

Personal Fitness Program- 12-week program is designed for beginner and returning exercisers. Learn how to exercise effectively and consistently with the guidance of our fitness staff. You will learn how to use the equipment in the circuit studio. Free for members.

Fitness Assessment- Cardiovascular fitness, muscle endurance, flexibility, strength, and body composition will be measured and reviewed with you. \$20  
Body composition only: \$10.

Personal Training- Let a certified trainer design and help you execute the best plan to reach your specific health and fitness goals. Includes equipment orientation AND personalized workout routines. \$45 one session / \$200 five sessions. Sessions are one hour. (Session length can be customized.)

Not Sure- Want to talk to a trainer before you decide? No problem! Let's make an appointment and talk about it. Come dressed to exercise. It'll happen no matter what we decide!