



Ames Parks and Recreation Department
5th & Clark - 239-5360

Personal Training

Interested in an overall fitness plan? Not sure how to begin or to set up a strength training program? Do you have difficulty showing up at the weight room regularly? Whatever your fitness experience, a personal trainer can provide the one-on-one attention, guidance and motivation necessary to achieve your specific fitness goals.

Personal Training at Ames Parks and Recreation is one-on-one strength, cardiovascular and flexibility training with a nationally certified personal trainer. Whether your goals are to lose weight, gain muscular size and strength, improve sport performance, prevent injury or desire to have the weekly commitment, a personal trainer can help you attain your goals.

All packages include a lifestyle and medical questionnaire and a complete fitness assessment to establish your level of fitness and areas of specific work necessary to meet your needs.

<u>Training Packages</u>	<u>Private Fee</u>	<u>Semi-Private*</u>
Super Single (One hour of one-on-one with a personal trainer. Basic workout routine & fitness center equipment orientation included).	\$45	\$36
Three Sessions Three one-hour sessions (includes a complete assessment).	\$120	\$99
Five Sessions Five one-hour sessions (includes a complete assessment).	\$190	\$152
Ten Sessions Ten one-hour sessions (includes a complete assessment).	\$350	\$286
Fifteen Sessions Fifteen one-hour sessions (includes a complete assessment).	\$525	\$429

* Fee per person