

LOOK AT WHAT'S NEW. More benefits. More fitness. Better you.



PERSONAL TRAINING

AVAILABLE EXCLUSIVELY TO MEMBERS

ONE HOUR SESSIONS

1 session: \$75
5 sessions: \$350
10 sessions: \$650
20 sessions: \$1,200

HALF-HOUR SESSIONS

1 session: \$40
3 sessions: \$117
5 sessions: \$190
10 sessions: \$360

SEMIPRIVATE SESSIONS

HOURLONG SESSIONS (2 MEMBERS):

1 session: \$35 (per member)
10 sessions: \$300 (per member)

Start working one-on-one with a trainer and you will receive a comprehensive lifestyle plan which will include guidance in cardiovascular conditioning, resistance training, flexibility enhancement, and proper nutrition - giving you maximum return on your set goals. A complete personalized physical assessment will be performed, allowing you to track all of your achievements.

Do you need a more challenging exercise routine? Thirty-minute sessions with our professional trainer will refresh your workouts and take you to the next level.

Training with a friend will inspire you to stay focused on your fitness goals. Achieve a healthier lifestyle with the help of our dedicated trainer. Semiprivate sessions are an ideal way to have fun and get fit with a friend.

ALL SALES ARE FINAL

AND EXPIRE ONE YEAR FROM DATE OF PURCHASE.
NO REFUNDS OR CREDITS WILL BE ISSUED.



MOTIVATING, EDUCATING, AND HELPING YOU SUCCEED.



Susan Neumann

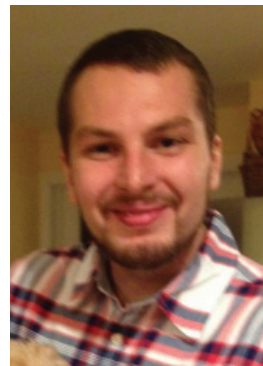
PROFESSIONAL MEMBERSHIP

Member, National Academy of Sports Medicine

CERTIFICATIONS

AFAA Certified Group Fitness Instructor
TRX Certified Instructor
Certified Personal Trainer
Les Mills Bodypump Instructor
Mad Dogg Athletics SPIN Instructor

"I structure each client's workout to meet their specific goals using a combination of strength training and cardio intervals."



Sean Lawrence

EDUCATION

Strength & Conditioning Coach Internship at Colgate University
Morrisville State College - B.S. in Human Performance, Health Promotion
Morrisville State College - Associates of Science - Sports, Nutrition, Fitness and Management

CERTIFICATIONS

ASCM Personal Trainer
ACE Group Exercise Instructor
Mad Dogg Athletics SPIN Instructor
American Red Cross CPR, AED & First Aid

"Take care of your body. It's the only place you have to live." - Jim Rohn