

PERSONAL TRAINING

NEW CLIENT PRESENTATION GUIDE



PERSONAL TRAINING

What is most important to you?

Fat loss _____

Lose inches/where? _____

Lower bad cholesterol _____

Gain muscular strength _____

Increase muscle mass _____

Improve balance _____

Increase flexibility _____

Have more energy _____

Feel better about your self _____

Sense of accomplishment _____

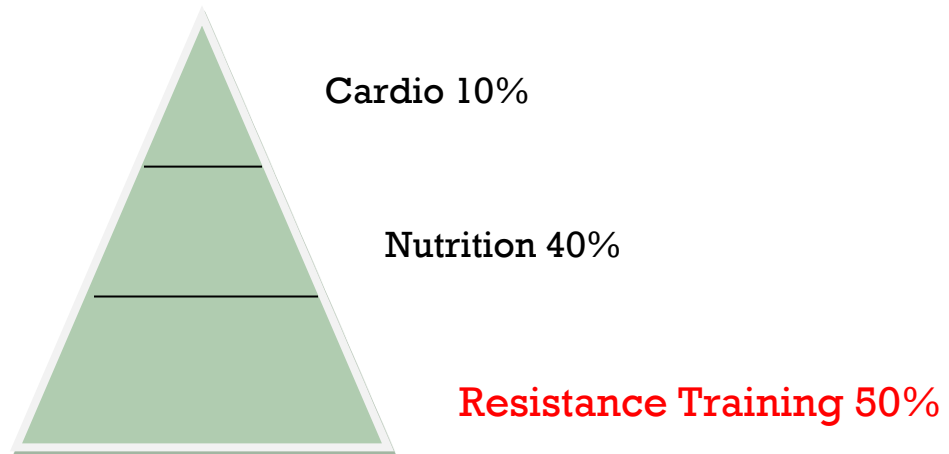


THE BENEFITS OF TRAINING WITH US

- **MOTIVATION**
- **FUN**
- **FITNESS EDUCATION**
- **APPOINTMENT HELPS
COMMITMENT=RESULTS**

PERSONAL TRAINING

The three major components to a successful fitness program



Metabolism

- **The rate of speed that your body processes food, creates energy and repairs cellular damage.**
- **The primary goal is to raise your metabolism. Doing this will increase fat loss and help your body look leaner.**
- **Resistance Training increases metabolism**
- **Nutrition can speed up or slow down our metabolism. It can tell our bodies to burn fat or store it.**
- **It provides us with fuel and energy.**



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Lack of Exercise Can Lead to:

Heart Disease
Cancer
Stroke
Diabetes

Obesity
Arthritis
Depression
Fatigue

Are you at risk?

Here's how we can help...

“Our Program is Designed in 3 Phases”

***Phase I –
Base Strength and
Reconditioning Phase***

*Conditioning Muscles
Fat Loss
Improve Posture & Imbalances
Base Strength*

***Phase II
Functional Phase***

*Proportioning
Improve Balance &
Coordination
Core Strength & Flexibility*

***Phase III
Optimization Phase***

*Capitalizes on Results &
Maintains Level
Maximizes Skills and
Abilities
Sports Specific movements
& maximal Fat Loss*

When would you like to start seeing results?

_____NOW _____30 Days _____60 Day

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**DO YOU HAVE ANY OTHER QUESTIONS
OTHER THAN THE PRICES?**

PERSONAL TRAINING

PRICE SHEET

Paid in full program

<i>Sessions</i>	<i>half hour session</i>	<i>hour session</i>
8	360	640
12	480	900
24	888	1680
48	1680	3120

Monthly Dues Program

<i>Term</i>	<i>half hour session</i>	<i>hour session</i>
3-month	45	80
6-month	40	75
12-month	35	70

(Programs will be for 1-2 or 3 sessions weekly)

Single session

50- Half hour 85- full hour

Family add-on

No program fees

Half off session rates.

Program fee

\$99