

# PERSONAL TRAINING RATES (tax included)

	1 SESSION	5 SESSIONS	10 SESSIONS
INDIVIDUAL	\$42.40	\$196.10	\$365.70
BUDDY	\$58.30	\$265	\$503.50



## QUESTIONS?

Contact Fitness Manager  
Tefany Bleuel at 859.873.5948  
or [tbleuel@vwcparcsrec.com](mailto:tbleuel@vwcparcsrec.com)

*"A year from now  
you'll wish you started  
today!"*

## PRIVATE USE POLICY

At no time is it permissible to pay a private individual or any Falling Springs Instructor for private session instruction. All private sessions must be paid in the front office. Paying anyone to give you or a family member private instruction at Falling Springs Center is grounds for revocation of user privileges for the client and the instructor.

## Purchasing Training Sessions

If you are interested in purchasing personal training sessions at Falling Springs Center please follow these procedures:

- Complete the Personal Training form. Forms are available at Falling Springs Center & online at [www.vwcparcsrec.com](http://www.vwcparcsrec.com).
- Bring the completed form & payment to the Parks & Rec offices located at Falling Springs Center.
- You will be given a Training Pass card to scan at the front desk each time you meet with your trainer.
- If you have not already spoken with a trainer to set up your sessions, you will be contacted within 3 business days by an instructor to set up your first session.
- When you arrive at Falling Springs Center for a training session you will need to scan your Personal Training Pass at the main desk. **(Members & non-members of Falling Springs Center must have a Personal Training Pass to be admitted for personal training sessions).**
- If you schedule a Personal Training Session with an instructor & cannot make your scheduled appointment, you must call & give your instructor at least 2 hours notice. If you do not call or you give less than 2 hours notice, your lesson will not be rescheduled & a refund will not be issued. Calls may be made to the Center or to the instructor, depending on the instructor's preference.



**FOR MORE INFO:**  
CALL 859.873.5948  
OR VISIT  
[FALLINGSRINGSCENTER.COM/FITNESS](http://FALLINGSRINGSCENTER.COM/FITNESS)

# PERSONAL TRAINING

*At Falling Springs*



859.873.5948  
[www.fallingspringscenter.com](http://www.fallingspringscenter.com)

GET THE MOST OUT OF YOUR WORKOUTS BY WORKING WITH A PERSONAL TRAINER.

### DID YOU KNOW?

Working with a personal trainer will make you fitter, stronger and increase your lean body mass more effectively than working out in an exercise facility or club on your own.

*(New Zealand Register of Exercise Professionals, 2013)*

### FITNESS MADE SIMPLE.

Fitness doesn't have to be complicated, but it sure seems like it is! At every turn there's a new workout, fitness plan or guru telling you they have discovered the secret to getting the body you want. So, how do you cut through the clutter and find a plan will work for you? That's where a personal trainer can help!

### ALL AGES. ALL SHAPES. ALL SIZES. ALL FITNESS LEVELS.

Our Personal Trainers are dedicated to helping YOU meet your goals. Whether you want to lose weight, gain muscle, recover from an injury, gain flexibility and mobility or train for a sport, your trainer is passionate about getting you where you want to go!



## WHY PERSONAL TRAINING?



### BENEFITS

So why hire a Personal Trainer? Aside from the obvious benefits of having someone tailor a workout just for you, a personal trainer also provides

motivation and accountability. He or she will teach you how to do exercises in a way that helps you achieve your goals, designs workouts with variety to keep you from getting bored and keeps your workouts efficient so you aren't wasting time.



### OUR TRAINERS

Our trainers hold certifications from some of the top-rated accreditations in the industry and collectively have over 30 years of training experience. They each

have different areas of focus, from sports specific strength and conditioning to weight loss, youth to older adults, injury prevention and more. With this experience and passion, we have a trainer who will meet your needs and interest!



### SUCCESS & SUPPORT

The internet has provided us access to a wealth of information regarding fitness and exercise, but all of that information doesn't mean much if you don't stick to a

program on your own, if you aren't sure what your intensity level should be when you're in the gym or if you have physical limitations due to illness or injury. Working out with a trainer can guide you through these pitfalls, help keep you safe, and provide accountability and encouragement that will help keep you motivated.

*"Fitness is about so much more than exercise. It's a catalyst for positive change, and it affects every aspect of your life."*

*Amanda Russell, Fitness Expert*

*Personal support is a vital component of a fitness based lifestyle change!*

*A Consumer Reports Magazine article titled "The Truth About Dieting" (June 2002) reported that people who were most successful at weight loss "did not involve themselves with Jenny Craig, Weight Watchers or any other organization."*

*Instead, the researchers found that, "...if any one thing made a difference for them, it was one-on-one counseling from a professional such as a psychologist, nutritionist or personal trainer..." p. 27)*

