



# Personal Training

One of the main reasons people benefit from a Personal Trainer is that they lose motivation to stick with a consistent exercise program. A Cross Gates Certified trainer can provide structure and accountability, and help to develop a lifestyle that encourages health.

**Get Started!** Please fill out the attached profile and drop it off at the information desk. A trainer will be in contact with you shortly for a FREE consultation to see what type of training package would be best for you.



## Ten Reasons a Personal Trainer May be Right for You

### Motivation

A Cross Gates Certified Trainer can provide structure and accountability, and help to develop a lifestyle that encourages health.

### Individualized Program

If you have any chronic health condition, injuries, or training goals, a Certified Trainer will work with you every step of the way to develop an efficient program that considers these needs and enables you to reach your goals.

### Efficiency

Personal Trainers help you focus on results so you are not wasting time doing inefficient workouts. A Cross Gates Trainer has a plan and will help you get maximum results in minimum time.

### Improve Technical Skills

If you play a particular sport, the right Personal Trainer will help you improve your skill by showing you new training techniques specific to your sport.

### You are new to exercise

You are not alone! A very large number of new members to Cross Gates are first time exercisers. If you are an absolute beginner, a Personal Trainer is the ultimate fitness coach.

### Break through plateaus

Ok, you are already in pretty good shape, but you've been there for years. Or maybe you have just recently lost 10 pounds and have another 5 to go, but it seems those last 5 are twice as hard. A Trainer will jump start, not just your motivation, but your routine.

### Learn not to go it alone

If you ultimately want to learn all the facets of designing your own routines so you don't need to use a Personal Trainer, going for a few months may be all you need.

### Workout Safely

A Personal Trainer watches your form, monitors your vitals and can provide objective feedback about your limits and strengths.

### Lose Weight

If you made a resolution to lose the fat and build muscle, a trainer can keep you on track and help you realize that goal.

### Accountability

A Cross Gates Trainer can help you stay motivated and make it to the club on those hard days when you would rather be doing something else. But after you workout with your Trainer you will tell yourself thanks for making the right decision.

# Training packages

## First Timer Intro

This Package is perfect for those who have never worked with a Personal Trainer. Designed for the member looking to change their current program or simply just getting started on their way to reaching their goals.

## Individual Session Packages

Designed for those that are currently on their way to reaching their goals. Offered in 5, 10, and 20 sessions, these personal training packages are guaranteed to help you see results.



## Jump Start

A single personal training session designed for those members simply looking to jump start their fitness program.

## Partner Training

Train with a friend or family member and take 20% off each package price. (groups excluded)

## Group Training

This program is designed with two things in mind – fun and fitness!

## Fusion

There is no better way to reach your fitness goals than to workout in a small group of others with the same goal in mind. 8 Weeks of pure fitness and fun! Meet in a group setting five days a week to help bring fun into your fitness program. Nutritional guidance included in this program to maximize your results.

## Kids Personal Training

Offered for children ages 9-14. Help your child learn to love fitness and live a better life.

# Personal Training request

Name .....

Age.....Date .....

Evening Phone .....

Day Phone.....

Cell Phone.....

Email .....

### Personal Goals (circle all that apply)

- Relieve Stress
- Tone & Firm
- Improve Strength
- Gain/Lose Weight
- Motivation
- Sport Specific
- Improve Eating Habits
- Improve Flexibility
- Injury Rehabilitation
- Improve Posture
- Fitness/Bodybuilding Competition
- Child/Teen Training

### Preferred Workout Times

- |          |          |
|----------|----------|
| 5am-8am  | 2pm-4pm  |
| 8am-11am | 4pm-7pm  |
| 11am-2pm | 7pm-10pm |

Request a Trainer.....

*The Personal Training Profile allows management to match you with a Cross Gates trainer that can address your specific needs. Please fill out profile and drop it off at the information desk and a Trainer will be in contact with you shortly for a FREE consultation to see what type of training package would be best for you.*



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FAMILY FITNESS

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Personal Training



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