

## NEW ADDITIONAL OPPORTUNITIES

### Personal Coaching

What is Personal Coaching? Personal Coaching is a one-on-one meeting between you and one of our Exercise Specialists. This time is set aside to help you and only you. Our undivided attention is available to you for 45 minutes to help enhance your fitness program and abilities.

This time can be spent going over:

- New Exercises
- Proper Exercise Performance
  - Nutrition
  - Weight Loss
  - Flexibility
- Balance and Stability
- Stress Management

And that's just to name a few. This time is about you and your goals.

\$45.00/session

### Personal Wellness Profile

Your Personal Wellness Profile will be developed while meeting one-on-one with an Exercise Specialist. The two of you will assess various topics that affect the development of your lifelong wellness plan. Utilizing a technically advanced computer program, you and our exercise specialist will assess areas such as body fat composition, flexibility, cardiovascular fitness, strength, and wellness habits such as sleep, smoking, or drinking. This is just a sample of the areas that are reviewed in the Personal Wellness Profile.

A Personal Wellness Profile is the perfect opportunity (perhaps annually or bi-annually) to monitor progress, determine the effectiveness of your program, identify areas of improvement and set goals for the coming year. *This will be performed annually for all Supervised Small Group Participants and is included in the Supervised Small Group monthly fee.*

After reviewing the results of the assessment, the two of you will create an individualized lifestyle wellness plan. At that point, you can make a commitment to change your daily routine or look to your Exercise Specialist to assist you further in achieving your goals.

\$60.00/profile

### **Individual Participant Options**

- Our Individual level allows participants to use our warm water pool and state of the art fitness center machines at their own time and pace.
- This level ensures new participants 3 free consultation visits with our Exercise Specialist in the recreation pool or in fitness center to review your current exercise program and make improvements or modifications to it as needed.
- “Body Works”, our Tuesday/Thursday evening water exercise class at 6:00pm, is FREE of charge for all Individual members. This class runs March through November.
- Other group exercise classes offered throughout the year are also available for a small additional payment.

\$61.75/month

OR

\$90.00/month including 1 Personal Coaching Appointment per month

OR

\$170.00/month including 1 Personal Coaching Appointment per week

OR

\$270.00/month including 2 Personal Coaching Appointment per week

### **Supervised Small Group Options**

- The Small Supervised Group level provides participants with regular scheduled appointments per week in a small group supervised setting with one of the on-staff Exercise Specialists. Those enrolled in the program may use the appointments for exercise in the recreation pool, fitness center or both.
- The participant will commit to appointments scheduled with the Exercise Specialist on a weekly basis.
- An annual Personal Wellness Profile will be created in conjunction with our Exercise specialist.
- The participant has an individualized exercise program designed and monitored by an Exercise Specialist.
- “Body Works”, our Tuesday/Thursday evening water exercise class at 6:00pm, is FREE of charge for all Individual members. This class runs March through November.
- Other group exercise classes offered throughout the year are also available for a small additional payment.

\$105.00/month including 2 scheduled appointments per week

OR

\$150.00/month including 3 scheduled appointments per week

OR

\$192.00/month including 4 scheduled appointments per week

OR

\$220.00/month including 5 scheduled appointments per week