

Benefits

Personal Training will provide you with an individualized resistance and cardiovascular plan which will assist you in reaching desired goals.



Increase Lean Muscle Mass with Free-Weights



Oneida Tribe of Indians

Oneida Family Fitness

2640 West Point Road
Green Bay, WI 54304

Phone: 920-490-3730
Fax: 920-490-3899
E-mail: familyfitness@oneidation.org

Oneida Family Fitness

Personal Training



Tel: 920-490-3730

What is Involved?

A Program Designed for YOU!

- ◆ Assess fitness with various tools
 - ⇒ Circumferences, scale, body composition, sub-maximal bike test, flexibility, and strength tests
- ◆ Learn proper weight lifting technique
- ◆ Exercise at your own level
- ◆ Receive personal attention during your workout
- ◆ Follow physician recommendations



What to Expect

Program Includes:

- ◇ Pre/Post Fitness Assessments with any package of 10 sessions
- ◇ Consecutive Weekly Personal Training Sessions with a Certified Personal Trainer
- ◇ Goal Setting



Begin with a fitness assessment

What is the Cost?

Package	Member	Non-Member
1/2 Hr Session	\$20.00	\$25.00
1 Hr Session	\$35.00	\$40.00
1 Hr / 2 Clients	\$45.00	\$50.00
(5) 1/2 Hr Sessions	\$90.00	\$105.00
(5) 1 Hr Sessions	\$160.00	\$190.00
(5) 1 Hr Sessions / 2 Clients	\$200.00	\$230.00
(10) 1/2 Hr Sessions	\$175.00	\$205.00
(10) 1 Hr Sessions	\$300.00	\$360.00
(10) 1 Hr Sessions / 2 Clients	\$370.00	\$430.00

Sign up at the Oneida Family Fitness Front Desk.

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