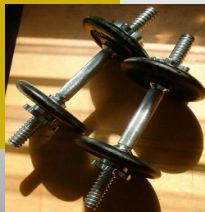


## Benefits

*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**

640 West Point Road  
Green Bay, WI 54304

Phone: 920-490-3730  
Fax: 920-490-3899  
E-mail: [familyfitness@oneidanation.org](mailto:familyfitness@oneidanation.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



## What is the Cost?

Package	Member	Non-Member
1/2 Hr Session	\$30.00	\$40.00
1 Hr Session	\$40.00	\$50.00
1 Hr / 2 Clients	\$50.00	\$60.00
(5) 1/2 Hr Sessions	\$120.00	\$135.00
(5) 1 Hr Sessions	\$180.00	\$200.00
(5) 1 Hr Sessions / 2 Clients	\$210.00	\$230.00
(10) 1/2 Hr Sessions	\$225.00	\$275.00
(10) 1 Hr Sessions	\$340.00	\$400.00
(10) 1 Hr Sessions / 2 Clients	\$380.00	\$400.00

Sign up at the Oneida Family Fitness Front Desk.

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