



# Oneida Family Fitness

## PERSONAL TRAINING

**A program designed for YOU! Our certified personal trainers work with all fitness levels to help clients maintain or build a healthier lifestyle through physical activity.**

- Improve overall fitness: strength and endurance
- Learn proper weight lifting form and exercise selection
- Follow physician recommendations
- Learn yoga
- Practice martial arts: Tai Chi, Eskrima, Tae Kwon Do

### *What to expect?*

- Weekly Training Sessions (30 or 60 minutes)
- Goal Setting
- Progress Tracking
- Access to a variety of cardio equipment, free weights, power racks, battle ropes, TRX, and more.

### **Personal Training Fees Sessions and Packages**

Packages	Price
30 minute session	\$20.00
60 minute session	\$40.00
(5) 30 minute sessions	\$100.00
(5) 60 minute sessions	\$200.00
(10) 30 minute sessions	\$180.00
(10) 60 minute sessions	\$300.00

# Benefits

*You can reach your health and wellness goals! Our motivating personal training staff can help you achieve results with a program that incorporates mind/body awareness, and training techniques for all fitness levels.*

*We'll help you build consistency and teach you how to work towards YOUR goals.*



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**Oneida  
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