

# CARTHAGE FAMILY Fitness

## personal

**Do you want to get in shape but just don't know what to do or aren't disciplined enough. Then a personal trainer is just what you need!**

### **Personal Training sessions include:**

- The first session will be a total body health assessment including resting and exercise blood pressure, heart rate, and flexibility. We do this in order to ensure that you are physically capable and healthy enough to be trained.
- Throughout the training periods we will relate back to the gathered information from your first assessment and see your progress.
- The remaining sessions will be comprised of whatever your goal may be between cardio, resistance, and flexibility training.
- Your trainer will make up a workout program for you based off of your fitness assessment, your goals, and your health.
- Sessions may also include how to use the machines with proper form and what their benefit to your body is!

Sessions cost \$25 for an Hour to an Hour and a half depending on activity being done that day.

\*\* Remember this does include a take home work out plan.