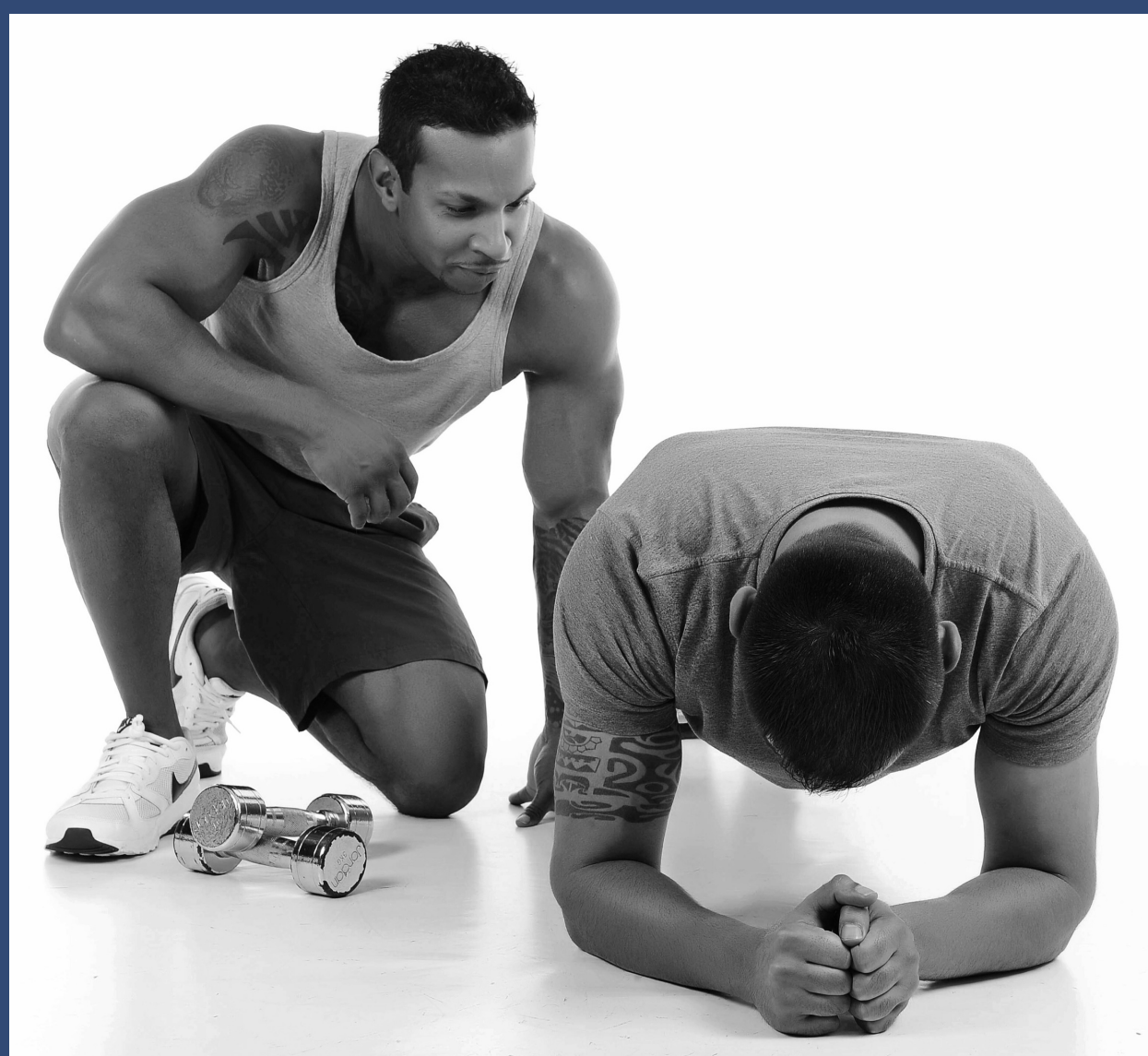


PERSONAL TRAINING

Personal Training is a exclusive session with a fitness professional. They create a personalized exercise plan and walk you through it during each of your sessions. Our trainers demonstrate proper form, and encourage you to push yourself so you can reach your goals in a timely manner. We offer traditional Personal Training (with weights), as well as Assisted Stretching.



WHAT DOES IT INCLUDE?

- ONE-ON-ONE SESSIONS WITH A CERTIFIED PERSONAL TRAINER OR YOGA INSTRUCTOR
- SESSION LENGTHS:
 - 30-MINUTES
 - 45-MINUTES
 - 60-MINUTES

Personal Training is ideal for beginnners, or any individual who would like to improve their physical fitness quickly and efficiently. Someone who works best with a professional present to hold them accountable and encourage them when their routine becomes challenging.

NOTE: Personal Training would be best for someone looking to build strength or loose weight. Assisted Stretching would be best for someone looking to gain flexibility, balance, and release tension in the body.



CONTACT CASEY FOR MORE INFORMATION
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