

Your first visit with a Certified Personal Trainer will include a complete fitness assessment, including, but not limited to:

- Complete health history questionnaire
- Aerobic fitness
- Strength
- Flexibility
- Blood Pressure
- Oxygen saturation level
- Body fat
- Body circumference measurements
- Short and long-term goal setting
- Nutrition Guidelines
- Target heart rate range
- Program design
- Range of movement assessment

Under some circumstances, a Doctor's release may be required before beginning any exercise regime with a Certified Personal Trainer.

EVERYONE Can Benefit From Personal Training!

Personal Training improves strength, endurance and flexibility.

YOU will notice positive changes in your body.

YOU will experience feelings of accomplishment and success.

YOU will stay focused on your goals.

YOU will reduce stress and sleep better.

YOU will integrate body, mind, and spirit into a balanced program.

PERSONAL TRAINING



The Billy Casper Wellness Center

300 16th Street
Silver City, NM 88061
(505) 538-4844



**Gila Regional
Medical Center**

**BILLY CASPER
WELLNESS CENTER**

Why Do I Need A Personal Trainer?

If you are serious about achieving your fitness goals, our Certified Personal Trainers are the solution. *Here's why:*

Safety. Our Certified Personal Trainers will ensure safety through proper form, reducing the risk of injury, and increase the efficiency of a workout program.

Education. All of our Personal Trainers are certified through a nationally recognized agency. All of our trainers are required to attend continuing education seminars to stay current with the latest research and techniques.

Motivation. With the day-to-day stresses that everyone experiences, it can be easy to forget about exercise. Exercise can actually make you feel better! Let our Certified Personal Trainers help you stay on track and experience the benefits of a healthy lifestyle.

PERSONAL TRAINING PRICES

Cost per 1 session :

One Hour \$36.00

Half Hour \$18.00

Cost per 5 sessions :

One Hour \$34.00 = \$170.00

Half Hour \$17.00 = \$85.00

Cost per 10 sessions :

One Hour \$32.00 = \$320.00

Half Hour \$16.00 = \$160.00

- **Prices shown above are per-person rates.**
- **Please take care of your payment with your trainer.**
- * **Half hour sessions are typically for orientation, body fat analysis, cardio and group spin.**

Go to our website:

www.grmc.org/Community/Billy-Casper-Wellness-Center.aspx

And Meet our Personal Trainers!!

What is Personal Training?

Personal Training incorporates an individualized exercise program and daily health regimen for improved quality of life. Whether you train individually or with a buddy, your workout will help you achieve your fitness and health goals. Your exercise program will progress as your fitness level improves. Your Certified Personal Trainer will adapt the program according to your goals and interests.

Working with one of our certified Personal trainers can help *you* with:

- *Chronic pain and illness*
- *Lifestyle improvement*
- *High cholesterol*
- *Hypertension*
(high blood pressure)
- *Diabetes management*
- *Injury recovery*
- *Weight loss/management*
- *Endurance*