

## Personal Training at the Massillon Recreation Center



Sometimes we all need help, and exercising and personal health is no different.

Incorporating a Personal Trainer into your fitness routine might help you learn a new way of working out that could be more beneficial than the workout you are currently doing.

Many people workout and don't see results. There could be many factors as to why their hours spent in the gym are yielding no results. Having a Personal Trainer help pinpoint those factors and create a personalized exercise program for you to follow might be the first step in reaching your fitness goal. Weight loss, toning, muscle gain, sports related preparation, or even how to get started on introducing an exercise program into your life. The Personal Trainers at the Massillon Recreation Center can help.

## Program Outline

The Personal Training program is designed around the clients needs and availability. The client chooses from a list of trainers they think will be the best suited to work with them on their fitness goals.

The Trainer and the Client then choose days and times that fit both schedules. Clients can choose from 1 to 5 meetings based on their need.

After the last meeting with the trainer the client will receive from the trainer a report of how they did, what they should focus on and recommendations on how to continue to reach the client's fitness goals.

**It's that easy.**



## Program Pricing

Clients will have the option of choosing how many meetings they would like with their Personal Trainer.

**1 Meeting: \$42** - The client will meet with the Trainer for 60 minutes to introduce techniques that will help the client work towards their fitness goal.

**3 Meetings: \$120** - The client will receive three 45 - 60 minute meetings. The Trainer will evaluate the progress of the client and recommend exercises that will help the client work towards their fitness goals.

**5 Meetings: \$200** - The client will receive five 45-60 minute meetings. The Trainer will evaluate clients progress, provide a personalized workout plan, and introduce new techniques to help the client achieve fitness goals.

*This program is for the Members of the Massillon Recreation Center. All non-members will need to purchase the meeting time amount and purchase a Day Pass for each meeting day.*

For more information on the Massillon Recreation Center's Personal Training program please feel free to ask one of our friendly Fitness Staff Members or the Sports & Fitness Supervisor.