



Certified Personal Training

Finding Support In Your Healthy Life

The goal of our personal training program is to turn you into your own personal trainer. We don't teach you how to use a particular machine, we teach you how to exercise properly to achieve goals and prevent future injuries.

Trainers Are Dedicated To Helping You Realize Your Potential.

Like great coaches, the best Fitness professionals know that the study of movement and nutrition can convey useful life lessons - increased confidence, Self-esteem, and focus.

Fitness Professional

• Katie Matteson

Is our NPTA Certified Personal Trainer and NPTA Certified Health Coach.

Call or stop by to see how Katie can help you meet your fitness goal!



Certified Personal Training Registration

Individual Session Fees

1- 1 Hour Session \$30
2- 1 Hour Sessions \$60
4-1 Hour Sessions \$100
8-1 Hour Sessions. \$200
12-1 Hour Sessions \$300
15-1 Hour Sessions \$350

Group Session Fees

1- 1 Hour Session \$25/Person
2 - 1 Hour Sessions \$50/Person
4- 1 Hour Sessions \$65/Person
8-1 Hour Sessions \$160/Person
12-1 Hour Sessions \$250/Person
15-1 Hour Sessions \$300/Person

Please fill out all the information below so we can make sure your personal training experience is a positive one!

Your Name _____ Date Of Birth _____ Age _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____

Email _____

Sex _____ Occupation _____ State of General Health _____

Physician _____ Physician's Phone _____

Emergency Contact _____ Emergency Phone _____

Medications _____

What goals do you hope to achieve with the help of personal training?

Best Days & Time to Train?

Additional information that would be important for your trainer to know.

Signature _____ Date _____