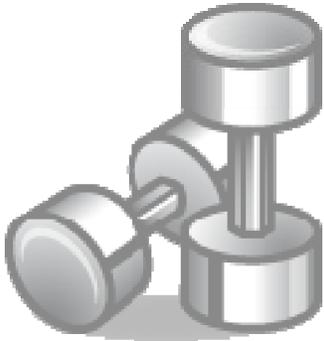




LITTLE ELM

LERC PERSONAL TRAINING

Little Elm Recreation Center Personal Training



Personal Training is more than just sweating with a trainer for an hour. A quality personal training program focuses on education and motivation. The trainers at the Little Elm Recreation Center are seasoned trainers that take your health and fitness goals into consideration as they develop a fitness plan for you.

How can I create changes that will sustain a lifetime?

- Choose to invest the time in learning the gym equipment
- Learn the proper form and technique of an exercise (4-6 weeks)
- Develop the correct body mechanics(6-12 weeks)
- Understand the intensity and frequency of cardiovascular exercise
- How to properly fuel your body through nutrition
- Agree to be held accountable to implement those habits into a lifestyle change

Personal and Group Training Services and Fees:

Starter up Program: \$150

4 (1 hour) sessions with a personal trainer that includes equipment orientation, assessment, basics of core and spinal training, education on cardio training, frequency and intensity, basic weight lifting form and technique, and nutritional guidance that relate to your individual goals.

Personal Training:

1 hour sessions: \$45/ session

½ hour sessions: \$25/ session

Personal Training Packages (3 month commitment)

8 sessions/month- \$1008 total (\$42/ session)- \$336 month

12 sessions/month \$1440 total (\$40/ session)- \$480 month

Group and Couple Training Prices:

1 hour couple sessions: \$80/ session

1/2 hour couple sessions: \$50/session

1 hour group sessions: \$150/ session

1/2 hour group sessions: \$75/ session

Little Elm Recreation Center
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