

If you are interested in personal training please fill out the information below!

Name: _____

Member #: _____

Phone #: _____

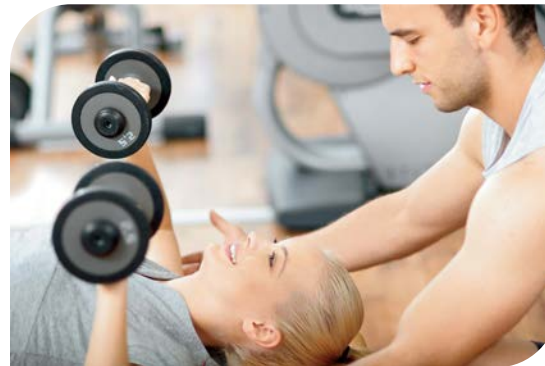
Email: _____

Times Available: _____

Personal Trainer Preference: _____

Please leave completed form at the front desk!

We look forward to helping you reach your fitness goals!



Interested in Personal Training?

Here is some more information to help you decide!

McLean Racquet and Health Club emphasizes the mission of the Fitness Department to offer diverse fitness programs, services and the expertise of staff as health promotion professionals to enable members to achieve and implement their unique health and fitness goals. Our Personal Trainers are nationally credentialed and licensed.

Top Ten Benefits of Having a Personal Trainer!

1. Exercise helps us to look and feel great, avoid injury as well as prevent chronic diseases such as diabetes, high blood pressure and heart disease
2. Exercise is a great compliment to traditional medical care
3. Provides accountability and motivation
4. Provides non judgmental support
5. Provides science based instruction / guidance
6. Will help you focus on individual goals and health concerns
7. Workout and exercise efficiency
8. Injury prevention
9. The best buddy system you can have in reaching your goals
10. Even personal trainers prefer to workout with other personal trainers



Personal Training Rates:

For Members:

Individual PT Hour Session.....	\$75
Individual PT Half Hour Session.....	\$55
Group PT or TRX Hour Session per person	\$55
Youth TRX Cross Training Half Hour Session	\$20
*Group Session = 2+ People	

Package Rates:

10 Hour Sessions [\$72.50].....	\$725
20 Hour Sessions [\$70.00].....	\$1400
10 Half Hour Sessions [\$53.50].....	\$535
20 Half Hour Sessions [\$50.00].....	\$1000

For Non-Members:

Individual PT Hour Session.....	\$85
Individual PT Half Hour Session.....	\$55
Group PT or TRX Hour Session per person	\$65
Youth TRX Cross Training Half Hour Session	\$25

Non-Member Package Rates:

10 Hour Sessions [\$83.50].....	\$835
20 Hour Sessions [\$80.00].....	\$1600
10 Half Hour Sessions [\$63.50].....	\$635
20 Half Hour Sessions [\$60.00].....	\$1200

Buy packages of sessions and save!

Your trainer will keep track of your workouts and let you know when you run out!

Personal Training Services:

Individual Personal Training:



Group Personal Training:



TRX:

"Total Resistance Cross Training"

