

PERSONAL TRAINING AT THE MEMBER SPORTS CLUB

WHY GET A PERSONAL TRAINER?

We would like to offer you a unique opportunity to develop a long term successful fitness program. Maybe you had a trainer many years ago and would like to update your program? Maybe you had an injury and after your Physical Therapy ended you are not sure how to continue working out safely? Whatever your reason is we will create a program that is in line with your personal goals. A personal trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals. As you progress, your trainer will monitor your improvements and fine tune your program as needed by making the necessary adjustments in order to help you advance to the next level. It will be sensible, functional and valuable in achieving greater health, wellness and longevity for life.