

### Personal Training

<b>Health Risk Consultation:</b>	Includes Body Composition, explanation of Body Composition Report, review of risk factors by obtaining health history and making recommendations for fitness program. Plan. Time: 30 minutes <b>Fee: \$20.00</b>
<b>Customized Fitness Program:</b>	Includes personalized fitness program, and two Body Compositions to help you set physical goals and establish an appropriate exercise program. Time: 45 minutes <b>Fee: \$25.00</b>
<b>Complete Fitness Testing:</b>	Includes Body composition, assessing cardio respiratory fitness, muscle fitness, flexibility and posture. Time: apprx. 1 hour <b>Fee: \$40.00</b> Individual test: <b>Fee: \$15.00</b>
<b>Personal Training Session:</b>	One-on-one training sessions tailored to your health and fitness needs. <b>Fee: \$20.00 per ½ hour / \$35.00 per 45 min.</b>
<b>Discounted Package:</b>	<b>Fee: 12+ ½ hour sessions \$19.00</b> <b>Fee: 4 -7 sessions \$30.00 per 45 min.</b> <b>Fee: 8 – 11 sessions \$28.00 per 45 min.</b> <b>Fee: 12 + sessions \$25.00 per 45 min.</b>
<b>“Buddy” Training Session:</b>	Includes a training session for several clients. <b>Fee: 4 clients - \$20.00 per hour</b> <b>3 clients - \$25.00 per hour</b> <b>2 clients - \$15.00 per ½ hour / \$30.00 per hour</b>

#### Rogers Activity Center

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