

# THE FITNESS CENTER AT KERNERSVILLE

## ADDITIONAL SERVICES:

### Nutritional Services:

Meet with our Registered Dietitian to discuss your nutrition habits and concerns. Whether your interest is in weight loss, weight gain, improving a medical condition with diet, or general healthy eating, these one-on-one sessions are instrumental for successful nutrition outcomes.

**Individual session:** 1st appointment (1 hour) = \$60      Follow-up appointments (1/2 hour) = \$30

**Nutrition Package:** One 60-minute session and three 30-minute follow-up sessions = \$142.50

**Nutrition and Exercise Package:** (in addition to above package) one 60-minute and two 30 minute follow-up personal training sessions with our Exercise Specialist = \$161.50

### Personal Training Packages:

#### One Individual Hour Sessions:

	<u>Member</u>	<u>Non-Member</u>
Single session	\$40	\$50
6 Sessions	\$228	\$285
12 Sessions	\$432	\$540

#### Half-Hour Individual Sessions:

Single Session	\$20	\$25
6 Sessions	\$114	\$143
12 Sessions	\$216	\$270

#### Partner One Hour Sessions:

Single Session	\$60	\$70
6 Sessions	\$342	\$399
12 Sessions	\$648	\$756

*\*Partner sessions are two people training during allotted time*

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## ADDITIONAL SERVICES (CONTINUED)

### Junior Fit Program(s):

#### **Beginner Basic Strength Class**

Members = \$55

Non-member = \$110

A four week program for children nine years of age and older who show interest in learning the basics of strength exercises. Participants will learn vital techniques that will ensure proper form in building muscle strength. Space is limited to 4 participants to ensure quality supervision and education. Upon successful completion, participants may use the fitness area during designated hours under the supervision of an adult or continue with additional levels of training.

#### **Kids/Teen Training (All levels available)**

Members = \$114

Non-member = \$143

These are individualized training sessions for kids/teens trained by one of our Exercise Specialists (can be partnered upon request). Training will continue based on what they have learned so far from the Basic Class or we will learn the techniques and skills appropriated to ensure safety and proper progression of exercise. These training sessions will be focused on training skills specifically for the individual. After the last session, your child can continue on with additional training or use the fitness area during designated hours under the supervision of an adult.

### Swim Lessons and ISR:

American Red Cross swim lessons are available for all ages and levels. ISR-Infant Swimming Resource is also offered. Information and pricing for both is available at the front desk as these are contracted programs.

### Educational Seminars:

Member = FREE

Non-member = FREE

We offer educational seminars with topics relating to your health and well-being. All seminars are offered by skill and trained professionals. Please check with the front desk for upcoming topics, dates and times.

