

# Personal Training & Fitness

@The Dalles Fitness & Court Club



## TAKE THE FIRST STEP TOWARDS YOUR FITNESS GOAL?

Schedule an appointment today for your complimentary orientations with one of our Personal Trainers. Our trainers will perform a starting fitness assessment, discuss your goals, and help you develop a plan of action that will make those goals achievable. During the orientations you will also be shown how to use the fitness equipment in a safe and productive manner. New members are offered and encouraged to participate in (2) 30-60 minute orientation sessions at no charge just for becoming a new member at TDFCC!

## WANT TO GO BEYOND THE ORIENTATIONS?

### HOW ABOUT A PERSONAL TRAINER?

Personal Training provides you with an opportunity to exercise with a qualified fitness professional that cares about helping you reach new heights in fitness. Your personal trainer will design a customized fitness program which corresponds to your fitness level and your goals. And then will coach you through motivating and effective exercise sessions.

**WHO NEEDS A PERSONAL TRAINER?** Personal training can be valuable for everyone. Whether you are a beginner or an advanced athlete, our trainers are qualified to handle a host of different goals including:

*Body Fat Reduction and*

*Injury Rehabilitation*

*Muscular Strength and Endurance*

*Pre/Post Natal Exercise*

*Cardiovascular Conditioning*

*Weight Loss Core Conditioning*

*Cardiac Rehabilitation*

*Sport Specific Training and Performance*

*Flexibility Training*

*Stress Management*

**WHAT PERSONAL TRAINING OPTIONS ARE THERE?** You have several choices. Purchase a single session at a time or bundle several sessions together and receive a reduced rate. Either way investing in a Personal Trainer is the perfect way to get you on track and help keep you there.

# of sessions	Member rates	Non Member rates	Group ~ 2 people training the same time rates
1-6	\$40.00 per session	\$45.00 per session	\$60.00 per session
<b>Buy 10 or more sessions at one time and save!</b>			
10	\$350.00	\$400.00	\$525.00
12	\$420.00	\$480.00	\$630.00
16	\$500.00	\$600.00	\$750.00

**NEED HELP WITH NUTRITION?** Let us help with that too. TDFCC offers an exciting on-line nutrition program powered by Vitabot® that takes meal planning to a whole new level. Our online nutrition program shifts the focus from merely counting calories towards balancing all of your nutritional needs. Vitabot® helps to easily put foods together to balance micronutrients. This approach creates an amazing new way to look at foods. Access to the Vitabot® program is free with personal training by the session or with money saving personal training packages. You can purchase access on its own for \$6.00 per month or 3 months for \$15.00.

### READY TO GET STARTED?

**Contact TDFCC at (541)298-8508**

**to schedule an appointment today!**



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