

Top Ten Reasons to Work with a Personal Trainer:

1. **Motivation.** Who wouldn't work a little harder with someone cheering you on and pushing you to the next level?
2. **Consistency.** Regular appointments with someone you know who is there just for you enables you to stay committed.
3. **Safety.** A Trained professional can make sure you perform exercises properly and without risk of injury.
4. **Individualized Instruction.** A trainer can develop a personalized program that matches your specific goals abilities.
5. **Effective Workouts.** Know that each session with your trainer is designed and paced so that you make progress more efficiently.
6. **Supervision.** You can rely on your trainer to provide valuable observation, assistance, information, and correction.
7. **Sports-Specific Training.** A trainer can tailor your program to fit the demands of your particular sport and enhance your performance in that sport.
8. **Injury Rehabilitation.** Trainers can modify your workouts to address injury related limitations and aid in regaining your strength while decreasing the likelihood of future injuries.
9. **Special-Needs Training.** Everyone can benefit from exercise. For that reason, trainers are adept at designing programs for people with various physical challenges.
10. **Self Esteem.** Improved health usually means improved appearance. Your trainer can guide you towards those results and give you feedback and praise to build your confidence.

**(Rewritten with permission from
the American Council on Exercise)**



PERSONAL TRAINING



www.waverleyoaks.com

425 Waverley Oaks Road suite 200
Waltham, MA 02452
phone 781-894-7010

Jump Start Package

You had your initial fitness consultation with a trainer but feel like you need more...This is the place to start!

Offered at a special discounted rate, the Jump Start Package introduces you to the benefits of personal training. Our trainers will educate and motivate you to help reach your goals in a more safe and timely manner.

Two Plans Available:

Jump Start 5 pack of 30-minute sessions:
Or

Jump Start 3 pack of 60-minute sessions:

For only \$225

SAVE \$120

**Limit one purchase per member*

**Sessions expire 60 days after purchase*

Program Update Package

Everyone benefits from ongoing support from their Personal Coach. Meet with your Trainer once per month to evaluate your progress and change up your program to keep things fresh.

Having a check in every month will keep you motivated and accountable to your customized exercise routine.

Plan Details:

1 hour session (1/month): \$105/month

**Minimum 3 month commitment*

Individual Personal Training Sessions

1 Session– 1/2 hour \$70

1 Session– 1 hour \$115

Session Packages

	Cost	Per Session
6 Sessions– 1/2 hour	\$355	\$59.17
12 Sessions– 1/2 hour	\$695	\$57.92
6 Sessions– 1 hour	\$595	\$99.17
12 Sessions– 1 hour	\$1,135	\$94.58

**Expiration dates vary depending on package purchased*

Training Sessions Monthly Billing (EFT)

	Per/Month	Cost	Per Session
1/2 hour	4	\$235	\$58.75
1/2 hour	8	\$455	\$56.88
1/2 hour	12	\$635	\$52.92
1 hour	4	\$375	\$88.75
1 hour	8	\$715	\$84.38
1 hour	12	\$1010	\$84.17

**Minimum 3 month commitment*

**Sessions expire at the end of each month*

For more information or to get started please contact

Fitness Director Jon Mack at

(781)786-6082