



Triangle SportsPlex Personal Training



Fitness Assessments

FREE! Starting with a fitness assessment will help you determine your beginning fitness level and will help measure improvements. Includes blood pressure, aerobic endurance, muscular strength, muscular endurance and flexibility. Sign up at the Front Desk or a Floor Trainer!

Intro to the Weight Room

Get started on a safe and effective workout routine. Learn how to safely use the strength and cardiovascular machines, along with tips from a Personal Trainer. Members: FREE

Tuesdays: 7-8pm

Thursdays and Saturdays: 10:50am-11:30am

Personal Training

If you need motivation and guidance to help you reach your fitness goals, a personal trainer is for you! Programs are designed for all fitness levels.

1 hour	\$50
5 hours	\$225 (\$45 each)
10 hours	\$400 (\$40 each)

Small Group Personal Training

Share a personal trainer with your friends or family! Sessions are sold by groups of two or three and are 1 hour in length.

2 people	\$30/each person
3 people	\$20/each person

Ready to get started with Personal Training? Give this completed form to the Front Desk!

Name: _____

Male or Female

Age: _____

Phone: _____

Email: _____

Do you have a particular trainer in mind? _____

When do you prefer to work out?

Morning or Evening

Weekday or Weekend

*Packages/sessions are non-refundable but are transferable to a family member and valid for 1 yr.

*A 24 hour cancellation policy is required to avoid being charged for session. *Packages must be paid prior to training.

