

Questionnaire

Name: _____

Phone: (w) (____) _____

(h) (____) _____

Do you have a membership?

Circle: Yes or No

What type: _____

General Goals: (weight loss, sports training, energy, etc.)

What are your biggest obstacles to exercising regularly?

What day(s) and time(s) are best for you to work with a trainer?

Please complete and return to a receptionist

25 Minute Personal Training Sessions

	Member	Resident	Non-Resident
1 Session	\$18.00	\$20.00	\$23.00
6 Sessions	\$89.00	\$98.00	\$111.00
12 Sessions	\$165.00	\$180.00	\$206.00

55 Minute Personal Training Sessions

1 Session	\$29.00	\$32.00	\$36.00
6 Sessions	\$150.00	\$167.00	\$190.00
12 Sessions	\$284.00	\$313.00	\$355.00

25 Minute Youth Personal Training Sessions (6 - 15 years)

1 Session	\$18.00	\$20.00	\$23.00
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*Daily/Membership fees required for training sessions
Second Child/Adult is half off during the same session*

Body Composition/Target Heart Rate Calculation

1 Session	\$5.00	\$6.00	\$7.00
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Fitness Assessment

1 Session	\$36.00	\$40.00	\$45.00
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Includes:

- Resting and Exercising Heart Rate and Blood Pressure
- Body Composition
- Upper and Lower Body Strength
- Upper and Lower Body Endurance
- Abdominal Endurance
- Flexibility
- Cardiovascular Endurance

City of Wayne
Parks and Recreation

Personal Training Program

The Health & Wellness staff are qualified and caring professionals dedicated to meeting your fitness needs on land or in the water.



4635 Howe Road
Wayne, MI 48184
(734) 721-7400

Who Needs a Health & Wellness Professional?

You do, if you want...

- * Greater results and satisfaction
- * Motivation
- * Help setting and reaching realistic goals
- * New or an altered exercise program (free weights)
- * Education on how to develop your own workout
- * Sport specific training-give you the "edge"
- * To increase wellness and follow physician's recommendation's

The Health & Wellness Staff has specialties in the following areas:

- * Post Rehabilitation Conditioning
- * Post Cardiac Rehabilitation
- * Beginner Health and Fitness Programming
- * General Nutrition
- * Aerobic and Anaerobic Training
- * Special Populations
- * Biking, Hiking, and Running
- * Olympic Lifting
- * Functional Training
- * Nutrition
- * Youth Fitness
- * Resistance Training
- * Older Adult Fitness
- * Back Care
- * Sport Specific Workouts
- * Pregnancy/Postpartum fitness
- * Powerlifting
- * Aquatic Fitness
- * and many other areas, please inquire

We will do our best to match you with a Exercise Physiologist who has specialties specific to your needs.

HOW TO GET STARTED

Please complete the questionnaire and return it to our Receptionist staff. Our Health & Wellness staff will contact you to schedule your session. They will assist you to determine which steps of our program are applicable for you.

POLICIES AND PROCEDURES

CHECK IN

All members at the Community Center are required to check in at our Aquatic or REC desk.

SCHEDULING

Scheduling sessions with your trainer will be done on an individual basis, at the convenience of you and your trainer. The staff will be happy to take a message for your trainer, but appointments must be set up directly with the trainer.

CANCELLATIONS

Please respect your trainer's schedule by keeping all scheduled sessions. If you cannot make your session, we require that you give us at least 24 hours advance notice, or your session fee will be forfeited. Personal training sessions are non-refundable and expire 1 year from date of purchase.



SERVICES

BODY COMPOSITION

Body composition refers primarily to the distribution of muscle and fat in the body, and it's measurement plays an important role in both health and how you look.

TARGET HEART RATE CALCULATION

This calculation will assist you in the intensity you should aim for in fat burning and/or cardiovascular fitness.

FITNESS ASSESSMENT

This evaluation measures your performance in a variety of health and fitness categories including resting and exercising heart rate and blood pressure, muscular endurance, strength, body composition, cardiovascular, and upper and lower body flexibility.

