



Aquatic & Fitness Center

1 Pool Plaza, Tonawanda, NY 14223
Phone: 716-876-7424 Fax: 716-876-3943
Website: www.ttypr.com/

Personal Training Program

Let our personal training staff help you reach your fitness goals.

Before you begin, see one of our trainers for the following:

- *New Client Worksheet*
- *Health Questionnaire (PAR-Q)*
- *Physicians Referral (If necessary)*

Sessions are priced by the hour, but may be split into 1/2 hour sessions!

RATES

MEMBER

3 One hour sessions - \$ 60.00
7 One hour sessions - \$ 120.00
10.5 hour sessions - \$ 180.00

Non-Member

3 One hour sessions - \$ 85.00
7 One hour sessions - \$ 170.00
10.5 hour sessions - \$255.00

GROUP TRAINING PACKAGES

Interested in working out with friends or family?
Looking to train with people who have similar goals?
Group Training is what you've been looking for!

Sessions are priced for one hour, and may not be split

Groups will range from 3 - 5 people

Packages include 6 One hour sessions per person

\$10.00/hour for members

\$15.00 / hour for non-members

See fitness staff for days, times, and special group session

Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director
Youth, Parks & Recreation Department

Welcome to the Aquatic & Fitness Center Personal Training Program

Congratulations!

By choosing to work with a personal trainer, you have made a commitment to exercise.

To get started, see one of our trainers for the following forms:

- New Client Worksheet
- Health Questionnaire or PAR-Q:
(Physical Activity Readiness Questionnaire)
- Physicians Referral *(If necessary)*

*Based on the results, the trainer may decide you need a physicians referral. Even if it is not deemed necessary for you to obtain the physicians clearance, we **highly recommend** that you **consult your physician before starting an exercise program.***

Once you have obtained the physicians referral (if necessary) you will be ready to set a start date. Your first appointment will be an evaluation, where you will discuss your fitness goals with your trainer.

The evaluation itself consists of the following:

- Blood pressure reading
- One minute resting heart rate
- Three minute step test to measure pulse recovery
 - Body fat testing
 - Sit and reach flexibility test

With the information gathered from your health questionnaire, testing, and the fitness goals discussed with your trainer, an exercise program will be designed to suit your individual needs.

Each time you meet with your trainer, you must check in at the front desk and let them know how long you will be working with your trainer. You will be given a receipt which must be given to your trainer at the start of the appointment. After your workout you are required to sign your name in our **Daily Personal Training Log**. This binder will be located in the trainers desk located near the entrance to the fitness room.

If, for any reason, you cannot make your scheduled appointment, please call the Aquatic & Fitness Center (876-7424) to cancel the appointment as soon as possible. During your initial appointment your trainer will explain in full our complete **cancellation policy**.

Good luck and enjoy your **PERSONAL TRAINING!**