

PERSONAL TRAINING

Most people know that exercising is essential for good health and fitness. Most people don't know how to exercise, or the frequency and combination to reach success. Many times this is what leads to failure. People don't succeed because they are doing the wrong thing, not getting results, and therefore quitting. Personal training gives you the guidance, motivation, and education to get to your goals and make a lifestyle change.

For more information contact Erin Frantz, Personal Training Manager

414-525-2383 direct or email: efrantz@princetonclub.net

Multi-Level Personal Training

Professional Level

- Certified by a nationally recognized health/fitness organization.
- Has up to 2 years of successful practical experience in the health/fitness field.

Hour Sessions

1 Session	6 Sessions	12 Sessions	24 Sessions
\$55.00	\$324.00	\$624.00	\$1200.00

Senior Level

- Certified by a nationally recognized health/fitness organization.
- Post graduate education/certifications in different health and fitness areas.
- Mentoring experience and has 2+ years of successful practical experience in the health/fitness field.

Hour Sessions

1 Session	6 Sessions	12 Sessions	24 Sessions
\$60.00	\$354.00	\$684.00	\$1320.00

Master Level

- Certified through the ACSM or NSCA
- Extensive post graduate education/certifications in multiple health and fitness areas.
- Mentoring experience and has 5+ years of successful practical experience in the health/fitness field.
- Experience in different health and fitness settings
- Holds specialty certifications

Hour Sessions

1 Session	6 Sessions	12 Sessions	24 Sessions
\$65.00	\$384.00	\$744.00	\$1440.00



Group Training

- Train in a small group setting - 3 individuals max.

Hour Sessions per Member for each level trainer

Professional Level

6 Sessions at \$40 = \$240.00
12 Sessions at \$39 = \$468.00
24 Sessions at \$38 = \$912.00

Senior Level

6 Sessions at \$42 = \$252.00
12 Sessions at \$41 = \$492.00
24 Sessions at \$40 = \$960.00

Master Level

6 Sessions at \$45 = \$270.00
12 Sessions at \$44 = \$528.00
24 Sessions at \$43 = \$1032.00

Personal Nutrition Sessions

Optimal health and wellness comes from a combination of regular exercise and good eating. With all of the myths and fad diets, it is difficult to determine what healthy eating is! Learning to eat right isn't hard once you have the knowledge and education to set you on a path of lifelong success including how to grocery shop and read labels, how to eat out at restaurants, what to do at parties and Holidays, and how to make compromises with yourself so changes are lifelong.

All sessions are with our Registered Dietitian Mary Beth Jeske.

1st Session - \$50 for One Hour

The hour will include assessing your specific needs, creating goals, designing a plan and addressing all of the questions and concerns you have.

Additional 30 minute sessions - \$35 each

Follow up from previous sessions, guidance, additional information and topics based on your choice, supplemental material

As a value for members, there is a FREE nutritional seminar held every Monday from 6:00 - 7:00 pm. See the club for schedule on various topics.

Aquatic Personal Training

Half Hour Sessions

1 Session	6 Sessions	12 Sessions
\$40.00	\$198.00	\$384.00

Hour Sessions

1 Session	6 Sessions	12 Sessions
\$50.00	\$228.00	\$432.00

PRINCETON CLUB
"we're committed to you"

