



828.452.8098

Or inquire within

No more guesswork!

With so much conflicting information out there, getting fit can be a confusing endeavor to many people. Our Personal Trainers are here because each has a true passion for the benefits of fitness and exercise, and for helping others find these benefits. Ours is **both a short-term AND long-term approach**: at first, it's all about establishing a fitness regimen for our client that is **manageable, approachable, and non-intimidating**. For the longer term, our trainers take the time to educate our client on the steps needed for a **healthy and active lifestyle** that can be **maintained for years to come**. HRH&FC Personal Trainers not only maintain certifications with NCCA-accreditation, but their skills are developed further through on-the-job training that arms them with many of the tried-and-true mechanisms used to great success by HRH&FC trainers before them. Program design may include sports enhancement, general strength and conditioning, corrective exercise, and more. Trainers will work to accommodate your schedule.

Service Menu

Personal Training, Single Session

	Member	Non-Member
30 Minute Session	\$25.00	\$30.00
45 Minute Session	\$32.00	\$38.00
60 Minute Session	\$38.00	\$45.00

Personal Training, Ten-Session Package*

	Member	Non-Member
30 Minute Session	\$210.00	\$250.00
45 Minute Session	\$280.00	\$330.00
60 Minute Session	\$350.00	\$420.00

Partner Training

	Member	Non-Member
2 people/30 Minutes	\$18/person	\$22/person
2 people/45 Minutes	\$24/person	\$29/person
2 people/60 Minutes	\$28/person	\$34/person

New Member Training Incentive

(Available to first-time personal training customers only, limit one per customer)

	Member
One 60 Minute Session	\$29.00
Two 45 Minute Sessions	\$59.00*
Four 30 Minute Sessions	\$79.00*



***50% off In-Body 570 Body Fat & Muscle Mass Analysis** when purchased in conjunction with the packages listed above
(normal value: \$35 Member, \$45 Non-member)

Accountability

Motivation

Direction

Thank you for your interest in Personal Training! Please fill out the information below. A trainer matching your availability will then be assigned to you as soon as possible.

Client Name: _____ HRH&FC Member, or No? _____

Age: _____ Male/Female: _____ Phone: _____

Do you have a preferred trainer in mind? If so, please specify name: _____

When are the BEST DAYS AND TIMES for you to train? Please list all that apply: _____

Please provide us with a brief synopsis of your goals: _____

Risk & Release Statement

In agreeing to participate in activity at Haywood Regional Health & Fitness Center, I affirm that my general health is good, and that I am not adversely affected by exercise, and that I am capable of performing exercises of a vigorous nature. I am aware of the possibility of accidental or physical injury during exercise programs, swimming activities, and facility usage. In consideration of participating at Haywood Regional Health & Fitness Center, I agree to assume all risks of injury, and I will hold harmless from any and all liability, actions, causes of actions, claims, and demands of any kind and nature whatsoever, including conditions which I now may have, may arise from, and/or in connection with my willful participation in activities arranged and/or services offered by Haywood Regional Health & Fitness Center, and members of its staff. These terms will serve as a release and assumption of risk for my heirs, executors, and administrators for all members of my family, including any minors.

I agree to abide by the rules and policies of Haywood Health & Fitness Center, and failure to do comply with such rules may result in termination of program. I have read this agreement and understand the activities in which I will be engaged. By providing my signature below, I have agreed to the conditions stated above.

Minors: by signature below, the statement above will be affirmed on behalf of a minor who is participating in activities/services arranged by, or offered through Haywood Regional Health & Fitness Center, by a parent, legal guardian, or person of interest whom is age-18 or above.

Signature

Printed Name of Participant (if Under 18 yrs of age)

Witness (Staff only)