



**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 weight loss, general strength and conditioning, corrective exercise, sports enhancement, and more. Trainers will work to accommodate your schedule.

**Service Menu**

| <b>Personal Training, Single Session</b> |         |
|--|---------|
|  | Member  |
| 30 Minute Session                        | \$26.00 |
| 45 Minute Session                        | \$34.00 |
| 60 Minute Session                        | \$40.00 |

| <b>Non-Member</b> |         |
|-------------------|---------|
|                   | \$32.00 |
|                   | \$40.00 |
|                   | \$47.00 |

**Personal Training, Ten-Session Package**

|                   | Member   | Non-Member |
|-------------------|----------|------------|
| 30 Minute Session | \$221.00 | \$263.00   |
| 45 Minute Session | \$294.00 | \$347.00   |
| 60 Minute Session | \$368.00 | \$441.00   |

**Partner Training**

|                     | Member      | Non-Member  |
|---------------------|-------------|-------------|
| 2 people/30 Minutes | \$19/person | \$23/person |
| 2 people/45 Minutes | \$25/person | \$30/person |

**New-Member Training Incentive**

*(Available to first-time personal training customers only, limit one per customer; HRH&FC members only)*

|                         | Member  |
|-------------------------|---------|
| One 60 Minute Session   | \$30.00 |
| Two 45 Minute Sessions  | \$62.00 |
| Four 30 Minute Sessions | \$83.00 |



**In-Body 570 Body Fat & Muscle Mass Analysis** discounted when purchased in conjunction with the packages above!  
**\$26.00 with package purchase**  
(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)