

How do I sign-up?

To sign-up for personal training, call Parks and Recreation's Fitness Coordinator John White at 259-4190. If you have a health condition that may get worse by an increase in physical activity, you may be asked to get permission from your physician before starting the program.

How much does personal training cost?

One-Hour Personal Training Session:

\$45; \$40 for James City/Williamsburg residents

Ten, One-Hour Personal Training Sessions:

\$355; \$350 for James City/Williamsburg residents

Appointment Reminder

Trainer's Name: _____

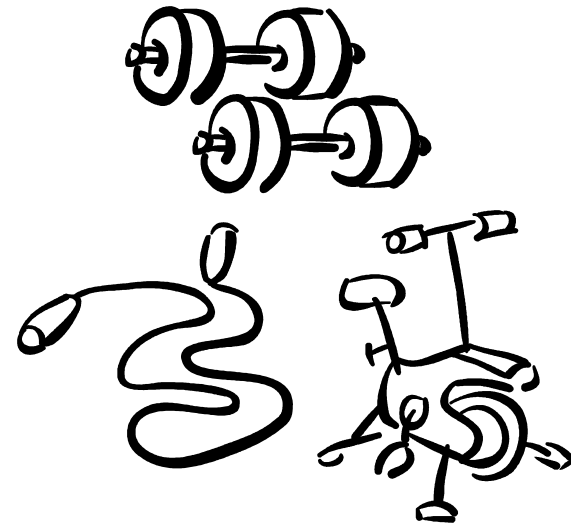
Date : _____

Time: _____

James City/Williamsburg Community Center
5301 Longhill Road
Williamsburg, VA 23188
Phone: 757-259-4190



PERSONAL TRAINING



The Benefits Are Endless...

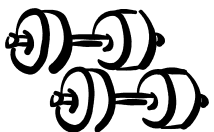
The Benefits Are Endless...

What is personal training?

Personal training is the one-on-one education, guidance, instruction and motivation provided to clients who want help in achieving their personal fitness goals. A certified trainer designs an exercise program for the client which incorporates his/her goals, fitness level and experience.

What are the benefits of working with a personal trainer?

A personal trainer will take you through each exercise session, giving you the personal touch. Each session is targeted toward reaching your specific goals, and individual attention is given to the instruction of proper biomechanics and exercise methodology. Our trainers are also knowledgeable and well versed in correct exercise technique. A personal trainer can boost your workout to a new level if you're in a rut, help you train for a sporting event, or design a solid exercise routine for weight management – whatever your goals, our trainers can get you there!



What credentials do your trainer's have?

Parks and Recreation hires personal trainers with a variety of levels of professional fitness certifications, fitness-related education degrees and work experience. Before a personal trainer can begin working with a client, he/she must have a current personal trainer certification from a nationally recognized organization such as the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), the National Academy of Sports Medicine (NASM), or the American Council on Exercise (ACE) and a current CPR and AED certification from the American Red Cross or American Heart Association.

What will the trainer do to help me reach my goals?

First, you'll meet to ensure you and the prospective trainer are a good fit. Then, the trainer will have you complete a physical fitness assessment to determine what your current performance levels are for each component of physical fitness. Next, you and the trainer will work together to develop a contract agreement which will include your and the trainer's work responsibilities. Finally, you'll work weekly with the trainer on a designated day(s) and time(s) to perform selected exercises for the duration of the agreed contract period.