

# PERSONAL TRAINING



Everything we do at Core is geared towards your goals.

And while there are as many different goals as there are people, they all have one thing in common: they don't just happen.

Core personal training was created so they can, will and do happen.

Don't Stop Now!™

# PERSONAL TRAINING

## PERSONAL TRAINING “A-LA-CARTE”

Individual 1-hour sessions or packages of sessions are offered to suit almost anyone’s requirements. Once you’re “up and running” with a personal trainer, you can determine the frequency at which you wish to meet.

	CORE TRAINER	SENIOR LEVEL TRAINER	MASTER TRAINER
1 Session	\$60	\$65	\$80
5 Session Package	\$250	\$275	\$350
10 Session Package	\$475	\$525	\$700
20 Session Package	\$900	\$1,000	\$1,400



## PERSONAL TRAINING YEARLY PLANS

Premium programs designed as a great value package for those seeking long-term training and motivation.

### CORE® RESULTS

1 training session per week for 52 weeks

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### CORE® ELITE

2 training sessions per week for 52 weeks

## TOP 5 REASONS TO HIRE A CORE PERSONAL TRAINER

**1. Motivation** Core certified trainers serve as your personal coach – cheering you on every step of the way as you achieve results together. Whether you are a beginner to fitness looking to gain knowledge and build confidence, or an experienced gym-goer looking to reinvigorate your old routine, a Core trainer can help you.

**2. Customization** Trainers begin with the specific needs of each individual – starting fitness level, lifestyle, time constraints, personal goals, and exercise preferences. Each training program is as unique as the person.

**3. Fast Results** Studies show that people achieve results 30% faster with a qualified trainer. A trainer can show you how to maximize your time in the gym. Working with a trainer can be just what you need to establish a pattern of success.

**4. Break Through Plateaus** Many people suffer from the plateau syndrome – where it seems like no matter what you do, you no longer see improvement. Core trainers can help you reach new levels of fitness you never dreamed possible.

**5. Build a Long-Lasting Body** Lack of an effective strength training program is a very common issue and can be one of the biggest mistakes a person can make. Core trainers can develop a functional program that compliments your cardio routine to maximize fat burn, develop lean muscles, and promote strong bones and joints - building a body that will perform better and last longer.

# TRAINING & NUTRITION

## “SMART START” PLAN

(Core Trainer - \$299, Senior Level Trainer - \$329, Master Trainer \$369)

Perfect for first timers, those getting back into fitness or those looking to take their fitness routine to the next level. Professional one-on-one coaching ensures a completely customized program for your personal goals and lifestyle.

- What you get:
- 1-hour fitness assessment and consultation
  - Customized fitness program design
  - 5 one-hour training sessions
- Tools included:
- CORE Program Folder with cardio and strength training log
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## “NEW YOU” 8-WEEK PLAN

(Core Trainer - \$599, Senior Level Trainer - \$659, Master Trainer \$859)

Perfect for those determined to turn over a new leaf, this 8-week program is designed to create workout habits that will last a lifetime. Most of all, this plan will have a lasting effect on your approach to fitness – you will be more confident and healthier than ever!

- What you get:
- 1-hour fitness assessment and consultation
  - Fitness & Exercise program design
  - 5 one-hour training sessions (plus 3 “independent” sessions)
  - Program redesign after 6 sessions
  - 5 one-hour training sessions (plus 10 “independent” sessions)
  - 1-hour fitness assessment and planning session
- Tools included:
- Core Program Binder, including program goals, exercise prescription, cardio log, strength training log, nutrition log, and stretching program guidelines
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## “BUFF BODY” 10-WEEK PLAN

(Core Trainer - \$799, Senior Level Trainer - \$899, Master Trainer \$1,099)

Are you a bride-to-be, getting ready for a class reunion, or just looking to get from point A to point B in the shortest amount of time? Transform your body over a 10-week period with our exclusive program. This is an intensive approach perfect for those looking to make a rapid change to their fitness level and overall appearance.

- What you get:
- Week 1: FOUNDATION PHASE - 1-hour comprehensive fitness assessment, body composition analysis, cardio, strength, and flexibility testing, “before photo,” and program design.
- Week 2-4: ADAPTATION PHASE - Get on track to your “buff body” with 5 one-hour training sessions (plus 3-6 additional “independent” sessions).
- Week 5-6: TRANSITION PHASE - Mix your workout routine up with a program redesign followed by 5 one-hour training sessions (plus 2-4 “independent” sessions).
- Weeks 7-10: EVOLUTION PHASE - Where you REALLY start to see the results. 4 one-hour training sessions (plus 8-12 “independent” sessions), concluding with final 1-hour fitness assessment and “after” photo.”
- Tools included:
- Core Program Binder, including program goals, exercise plan, cardio log, strength training log, nutrition log, stretching guidelines, “before & after” photos.
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## NUTRITION: 8-WEEK RIGHT START PROGRAM

(Core Trainer - \$279, Senior Level Trainer - \$299, Master Trainer \$349)

*Is your exercise routine under control, but feel like you're missing the mark on nutrition? Our 8-week program is geared to deliver a customized plan that's in line with your goals. The objective is to create sustainable eating habits, so careful consideration is given to your lifestyle*

### Program Evaluation

- Body composition analysis
- Lifestyle Analysis and Goal Setting
- Before Photo

### Nutrition Program Design and Consultation

- Customized meal plan
- Printed meal plan and shopping list

### 7 Weekly 30-minute consultations (beginning of weeks 2-8)

- Body composition analysis
- Printout of weekly progress tracking
- Lifestyle Coaching and plan modifications

### 1-hour Program Evaluation (final meeting End of week 8)

- Body composition analysis
- Strategies Discussion: Staying on plan
- After Photo