

# Fitness Assessment & Personal Training

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Are you seeking a healthier lifestyle, but don't know where to begin?

We have Personal Assessment/Training at the C.V Starr Center

With ACE Certified instructor for personal training and weight management coach.

Receive a fitness evaluation and strength/endurance test. Receive a personalized program that involves exercises to increase cardiovascular, strength, and flexibility. Then receive individualized instruction and a demonstration of the exercises developed for you personal workout.

**Instructor: Melissa Fulton**

Please call or come by to make an appointment.

FEE: Initial assessment: 90 minutes-\$50

Personal Training Session: 45 minutes-\$25



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