

PERSONAL TRAINING

Lou offers thirty-minute and one-hour sessions of one-on-one personal training at the gym, online, or at your home. Lou does a free consult to determine your strengths and weaknesses. She then develops a personalized, safe and realistic program for your body, lifestyle and goals.

She works with clients of all ages and varied needs such as weight loss, depression, self-esteem, flexibility, strength, joint issues, back issues, arthritis and some diseases like MS and Parkinson's. Along with those with no health issues, who want to be functionally fit but just don't know what to do or where to start. Lou is a firm believer the healthier your body is, the faster you recover, if you were to get sick.

Lou's goal of personal training with her clients is to keep you actively in the game of life...doing all the things you want to do now and continue to do as we age.

Individualized program, with one-on-one training at the gym or online

- \$30.00 - 30 minute sessions
- \$45.00 - 60 minute sessions
- \$70.00 - 60 minute session at your home or office
- 24 hour cancellation notice required, no exceptions
- Payment by check due by the 28th of the month
- Payments received after due date will be charged a \$10 late fee

GYM and ONLINE GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Friday	Saturday
Spin/ Fusion	DeStressing Yoga	Shadow Boxing	Spin/ Fusion	Hatha Yoga
6 to 7 p.m.	6 to 7 p.m.	9 to 10 a.m.	9 to 10 a.m.	9 to 10 a.m.

- ONE CLASS PER WEEK: \$40.00 per month
- TWO CLASSES PER WEEK: \$72.00 per month
- THREE CLASSES PER WEEK: \$102.00 per month
- FOUR CLASSES PER WEEK: \$132.00 per month
- FIVE CLASSES PER WEEK: \$160.00 per month

Classes during the months with more than 4 weeks are included in this price!

MONTHLY CLASS FLAT RATE:

- Take classes at the gym or online
- Payment by check due by the 7th of the month
- Payments received after due date will be charged a \$10 late fee

PRICE PER SINGLE CLASS: \$15.00

- Take classes at the gym or online
- Payments can be made thru Venmo or billed monthly

If you choose the monthly rate option, please fill out the form below along with your check that is either mailed to or dropped off at the gym. Payment will be due by the 7th of the month.

MONTHLY RATE REGISTRATION FORM

NAME _____ CELL PHONE _____

ADDRESS _____ CITY/STATE _____ ZIP _____

EMAIL _____ BIRTHDATE _____

CLASSES PER WEEK _____ MONTHLY RATE _____

SIGNATURE _____ DATE _____
(Parent or guardian sign if student is under 18)

"Because I eat healthy, because I work out...because I have a positive attitude...I'm healthy, strong and content."