

# Fitness & Wellness Programs

## Personal Training

Our Personal Trainers focus on each client's fitness goals and specific needs. The trainer will provide individual instruction in proper technique and use of equipment. You will learn how to use a variety of equipment and learn new ways to get fit, improve your health and challenge your body.

**1 hour session – \$50**

**1 hour session – package of 4 – \$180**

**1 hour session – package of 8 – \$344**

**1 hour session – package of 12 - \$492**

**1 30-minute session \$30**

**30-minute session – package of 4 – \$120**

**30-minute session – package of 8 – \$216**

**30-minute session – package of 12 - \$300**

## How do I sign up for personal training?

You may pick up a personal training packet at the reception desk, which includes a health history, personal training agreement, and liability waiver. You may also find the PT packet on our website. Return the completed forms to the front desk and a Personal Trainer will contact you to set up your initial appointment.

### Weight Room Orientation

Weight room orientation provides an opportunity for members to learn how to safely and effectively use our cardio and resistance equipment. You will learn proper technique and how to adjust or program each machine, as well as other information to optimize success in your fitness program. Weight room orientations are complimentary and available by appointment.

### Fitness Lessons

Tennis and swim lessons are available for all residents. Information on rates and scheduling can be found on our website or picked up at the facility.

### Fitness Assessments

Be sure to schedule a complimentary fitness assessment! A fitness assessment is an individual appraisal of your current health & fitness status through a variety of physical fitness tests. Each assessment includes measurements of: resting heart rate and blood pressure, height/weight, body composition, aerobic fitness, muscular strength and endurance, and flexibility.

After your appointment, you'll receive a summary of your results and personalized exercise recommendations to help you achieve your fitness goals.

Visit our website at [www.brunswickforestfitness.com](http://www.brunswickforestfitness.com) for additional information. On our website, you will also find the current group fitness schedule, class descriptions, and registration forms for personal training.

***\*All personal training packages have a year expiration and cannot be returned.***

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