



PERSONAL TRAINING

Our Personal Training program is designed to provide our members with an individualized program based on your needs which will help you achieve your goals. Benefits of working with a personal trainer include:

- ◆ An individualized fitness program specifically designed for you
- ◆ An efficient workout program with innovative ways to improve your health
- ◆ Professional assistance in improving strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health
- ◆ Instruction on correct form and technique for cardiovascular exercise and strength training.

RATES LISTED PER HOUR

1 SESSION	\$45
3 SESSIONS	\$125
5 SESSIONS	\$210
8 SESSIONS	\$330
10 SESSIONS	\$410

Program Policies:

All sessions are one hour in length. Personal Training sessions are non-refundable and expire one year from the date of purchase. Guests are asked to cancel at least 12 hours in advance of the scheduled training session. Failure to contact your trainer will result in forfeiture of a session. Trainers will wait only 15 minutes for guests. After 15 minutes, guests will lose a session. Sessions that begin late will end one hour from the original start time.

AVAILABLE BY APPOINTMENT ONLY

Contact Jennifer Gaj at fitness@thetenniszone.us

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