

## Advantages of Working with a Personal Trainer

**Motivation:** One of the main reasons people benefit from a personal trainer is they help motivate the individual to stick with a consistent exercise program.

**Individual program:** A trainer will assist you with a program that fits your need and to help you reach your health goals.

**Efficiency:** Trainers prepare personalized exercise plans that help you get maximum results.

**Technical skills:** They ensure you are doing the exercises and using the equipment properly, thus reducing your potential for injuries.

**New to exercise:** Trainer can introduce you to a very simple and effective routine that is comfortable for you and your health needs.

**Break through plateaus:** If you are stuck doing the same routine, a trainer will jump start not only your motivation, but your routine as well.

**Learn how to do it alone:** Trainers will teach you the basics of building and modifying a fitness program to achieve maximum results.

**Workout safely:** They monitor your safety and provide feedback about your limits and strengths.

**Lose weight:** Personal trainers can assist you with your weight loss goals.

## Fitness Centers

### ARBUTUS

855A Sulphur Spring Rd  
Baltimore, MD 21227  
410-887-1410

### ATEAZE

7401 Holabird Avenue  
Baltimore, MD 21222  
410-887-7233

### BYKOTA

611 Central Avenue  
Baltimore, MD 21204  
410-887-3094

### CATONSVILLE

501 N. Rolling Road  
Baltimore, MD 21228  
410-887-0900

### COCKEYSVILLE

10535 York Road  
Cockeysville, MD 21030  
410-887-7694

### EDGEMERE

6600 North Point Rd.  
Baltimore, MD 21219  
410-887-7530

### ESSEX

600 Dorsey Avenue  
Baltimore, MD 21221  
410-887-0267

### FLEMING

641 Main Street  
Baltimore, MD 21222  
410-887-7225

### JACKSONVILLE

3605A Sweet Air Road  
Phoenix, MD 21131  
410-887-8208

### LIBERTY

3525 Resource Drive  
Randallstown, MD 21133  
410-887-0780

### PARKVILLE

8601 Harford Road  
Baltimore, MD 21234  
410-887-5338

### PIKESVILLE

1301 Reisterstown Road  
Baltimore, MD 21208  
410-887-1245

### REISTERSTOWN

12035 Reisterstown Road  
Reisterstown, MD 21136  
410-887-1143

### SEVEN OAKS

9210 Seven Courts Drive  
Baltimore, MD 21236  
410-887-5192

Baltimore County Department of Aging

# Personal Training Services



## How Do I Get Started?

1. Become a member of the fitness center.
2. Select the Personal Training Package that meets your needs.
3. Make your payment with senior center staff and the PT will contact you to book your appointment.
4. Read and sign the Cancellation and Lateness Policy.
5. Complete the Medical History Form and bring it with you to your first session.

## Preparing for Your Personal Training Appointment

1. Arrive on time.
2. Dress in workout apparel or comfortable clothing and wear soft soled shoes (preferably athletic shoes).
3. Eat a light meal one-hour prior to arrival.
4. Bring a water bottle (drink plenty of water before, during and after appointment).
5. Bring your Medical History Form to the first appointment with your trainer.

## Personal Training Packages

### **One-Hour session (One person) \$45**

Book 60 minutes of time with your very own certified personal trainer. Have them monitor your progress, motivate you to exercise and make sure your fitness program keeps pace with your goals. Buy 5 sessions and get the 6th session free!

### **Train with a Friend (60 minutes) \$60 (\$30 pp)**

Research shows that exercising with a friend motivates people to stay with their exercise program. Save money while joining with a friend or spouse to train with a certified personal trainer.

### **Half-Hour session (One person) \$25**

Don't need a full hour? Half-hour sessions are available after you have signed up for a one hour session or an assessment. Learn new exercises, ask questions about your technique or just have someone monitor your progress or supervise your workout.



### **Fitness Assessment and Individualized Exercise Program (One person) \$50**

Before starting regular exercise, determine your existing fitness level and set goals for success. Includes:

**Fitness Assessment:** The fitness assessment consists of a few simple tests that provide an overall picture of your fitness status. The complete fitness assessment will be able to report where you are, where you should be and what you need to do to achieve your fitness goals. It can also be used for comparison as you proceed and improve.

**Individualized Exercise Program (IEP):** This is an exercise program that is specifically designed for your individual needs and goals. The IEP will help you achieve your fitness goals in a safe, effective way.

### **Get Ready! Get Set! Get Fit! Special \$130**

Everything you need to get started on your own exercise routine, plus two-hours of one-on-one time with a certified personal trainer to make sure you are comfortable with the program. Includes:

**One-hour session: Assessment and Individualized Exercise Program plus 4 half-hour sessions: Implementing IEP (Valued at \$150)**

*\*Must be used within 6 months of date of purchase*