

PERSONAL TRAINING RATES **LEVEL I TRAINER**

Trainers: Leon Thomas - Gabriel Sudlow - Natalie Segur

| Package | Regular Rate | New Member & Seniors (62+) | Buddy Training | 30 Minute Session |
|---------------|--------------|----------------------------|----------------|-------------------|
| Single | \$47.00 | \$43.00 | \$30.00* | \$28.00 |
| 6 | \$265.00 | \$238.00 | \$175.00* | \$158.00 |
| 10 | \$423.00 | \$382.00 | | |
| 12 | \$500.00 | \$446.00 | \$325.00* | \$300.00 |
| 20 | \$751.00 | \$675.00 | | |
| 30 | \$1,085.00 | \$986.00 | | |

LEVEL II TRAINER

Trainers: Debbie Bunger and Stacy Daley

| Package | Regular Rate | New Member & Seniors (62+) | Buddy Training | 30 Minute Session |
|---------------|--------------|----------------------------|----------------|-------------------|
| Single | \$52.00 | \$47.00 | \$34.00* | \$30.00 |
| 6 | \$294.00 | \$265.00 | \$192.00* | \$170.00 |
| 10 | \$469.00 | \$422.00 | | |
| 12 | \$552.00 | \$496.00 | \$363.00* | \$320.00 |
| 20 | \$834.00 | \$752.00 | | |
| 30 | \$1,204.00 | \$1,085.00 | | |

LEVEL III TRAINER

Trainer: Maurissa "Mo" Micci

| Package | Regular Rate | New Member & Seniors (62+) | Buddy Training | 30 Minute Session |
|---------------|--------------|----------------------------|----------------|-------------------|
| Single | \$62.00 | \$55.00 | \$40.00* | \$35.00 |
| 6 | \$342.00 | \$307.00 | \$225.00* | \$198.00 |
| 10 | \$545.00 | \$502.00 | | |
| 12 | \$640.00 | \$588.00 | \$427.00* | \$375.00 |
| 20 | \$1,005.00 | \$905.00 | | |
| 30 | \$1,452.00 | \$1,320.00 | | |

* Cost per person

PERSONAL TRAINING LEVEL DESCRIPTIONS

WELCOME TO THE BROOKLYN SPORTS CLUB

We are here to help you attain your goals. Equipment should not be intimidating.

Our Floor Trainers are available to assist you in using the equipment safely.

Our Personal Trainers are available for personalized one on one training to help you learn the best way to exercise safely and effectively.

It is **not** mandatory to move up to next level if you have achieved your goals and are comfortable with your regimen and Fitness Trainer.

LEVEL I - Designed for the beginner that is new to exercise and is looking to develop a safe and effective exercise regimen. At this level you will be guided toward healthy eating habits and motivated to attain your fitness goals.

LEVEL II – Designed for those that have completed Level I and are looking to develop a specialized exercise regimen utilizing advanced training and exercise techniques. Level II trainers will assist healthy individuals as well as those with chronic diseases, with various goals such as weight loss, improved health and wellness, sport specific training, and strength training to improve overall muscle conditioning.

LEVEL III – Designed for the advanced exerciser looking for the ultimate challenge. Level III trainers will help you obtain the highest level of health and fitness and will assist those looking to train for sports or special athletic competitions including triathlons, marathons, bodybuilding competitions, golf, Olympic lifting, etc. Workouts will consist of functional training at a higher intensity utilizing advanced training and exercise techniques.