

The White River Club Personal Coaching Program is an effective fitness program that will get you results in a quick, safe, and fun way. Your individual goals and personal physical characteristics are combined to create a program based on our 6 components of fitness.

Integration of the 6 Components of Fitness

• Cardiovascular Training

Most people want to alter their body composition. Cardiovascular training done correctly, mobilizes stored fat, increases calorie expenditure, and benefits your health.

• Resistance Training

Whether using machines or free weights, resistance training is a necessary component of any fitness program. We introduce you to cutting-edge techniques; provide group training, or 1-on-1 training to help ensure safe and effective exercise to help you reach your goals.

• Rest, Recovery & Flexibility

We can show you how to integrate: Sleep, Massage, Static Stretching, Self Myofascial Release, and Active Recovery to get you the results you are looking for.

• Food Intake (Diet) & Supplementation

With the ability to affect energy levels, body composition and overall health, food intake is a key component to helping people achieve their fitness goals. Also, experts agree that most people don't give their bodies the required nutrients they need with their diet alone. We can recommend the ideal combination of multivitamins and supplements to help you achieve your goals.

• Stability, Balance & Total-Body Integration

As we get older, we begin to look at our bodies in a segmented fashion. Often, we ignore the fact that our body's parts need to work together. Often times our workout regimen add to this de-integration. This can lead to increases in injury and physical limitations in the rest of our life. We can help you have fun training and we can help you bring your body's ability to play like a kid again.

• Education, Guidance & Accountability

A knowledgeable staff provides service with more confidence, credibility and consistency, leading to your success. We provide the knowledge, guidance and accountability you need to achieve your personal health and fitness goals.

The Series

If you see the benefit of Personal Coaching and you are looking for a method that fits into your budget better, then The Series is for you. Why? The Series replaces the concept of buying packages that might be used up in less than a month, or in two or more months. With The Series, you budget for what you are going to use each month. No more confusion.

The Series really helps on your personal budgeting, the cost of beginning to train, and on personal accountability. That's right, you know you need to train whatever you have budgeted for, and The Series will definitely assist you in being more accountable. You can focus on any Goal that you have using the Series.

****Session pricing is based on a 4 week month. Additional sessions can be purchased at a pro-rated fee in months that have more than 4 weeks**

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• Three Times a Week** – (12 sessions per month) (non-member add \$120 to monthly charge)

	<u>½ Hour</u>	<u>Hour</u>
Personal Coaching:	\$299 per month	\$459 per month
Partner Coaching:	\$229 each, per month	\$349 each, per month
Semi Private (3-5):	\$199 each, per month	\$299 each, per month

• Twice a Week** – (8 sessions per month) (non-member add \$80 to monthly charge)

	<u>½ Hour</u>	<u>Hour</u>
Personal Coaching:	\$219 per month	\$329 per month
Partner Coaching:	\$169 each, per month	\$259 each, per month
Small Group (3-5):	\$149 each, per month	\$219 each, per month

• Once A Week** – (4 sessions per month) (non-member add \$40 to monthly charge)

	<u>½ Hour</u>	<u>Hour</u>
Personal Coaching:	\$140 per month	\$210 per month
Partner Coaching:	\$109 each, per month	\$159 each, per month
Small Group (3-5):	\$89 each, per month	\$129 each, per month

How do you set up Personal Coaching as a Series?

You balance out the remainder of your first month, then the billing is done on the 3rd day of the next month. Sessions do not carry over from one month to the next

If you miss a session (with adequate notice), you may make it up, anytime during that month with any of the available trainers.

All Series must run a Minimum of 2 full months

	<u>Member</u>	<u>Non-Member</u>	- Packages expire after 12 mos.
<u>1 on 1 Package</u>			- On Small Group and Partner both/all people are charged for session even if only one person shows.
(12) ½ Hr. Sessions	\$420	\$540	*\$10 MORE/SESSION NON-MEMBER
(4) ½ Hr. Sessions	\$199	\$239	
Single Session	\$75	\$85	
<u>Partner Package (2 People)</u>			
(8) ½ Hr. Sessions	\$220	\$300	
<u>Small Group Package (3-5 People)</u>			
(8) 1 HR. Sessions	\$240	\$320	



What are the Benefits of Coaching?

When you decide to work with one of our personal coaches you'll quickly experience the benefits of becoming "functionally" strong. You'll also discover that fitness is not about lifting hundreds of pounds of weights! In fact, you'll find that the more integrated the training approach, the better results you'll experience.

Integrated? Another new word? That's right. Integrated Training "tunes" the body's musculature into its optimum balance. If you have tight (shortened) chest muscles, for instance, (from sitting at a desk all day) opposing back muscle will lengthen and therefore weaken. Imbalances like this can lead to postural problems and possible injury or poor health. Integrated Training focuses on bringing the body's musculature back into its natural balance while increasing strength and power.

Personal Coaching is individualized based upon your personal physical condition and fitness goals. The result? You achieve maximum benefits in the quickest, safest way possible.

Our Coaches will design a program that fits your needs & abilities.

Is Personal Coaching Right For You?

- Do you have trouble exercising 3-6 times a week?
- Are you unsure of what exercises are best for your needs and goals?
- Are you even unsure what your goals should be?
- Do you feel you need more accountability to your work out program?
- Do you know how to safely perform and implement functional strength training into your routine?
- Have you reached a plateau in your progress?
- Do you feel you need more overall guidance with your exercise program?

What is Functional Training?

Function.al 1. capable of operating or functioning
2. having or serving a utilitarian purpose; capable of serving the purpose for which it was designed.

The word "functional" is commonly used to indicate "useful", "applicable", or something that works. Today, other gyms, their trainers, therapists and rehabilitation clinics all claim to provide or prescribe "functional exercise." Most of these other programs are sticking a label on traditional exercises so they can market themselves as different. Not here. We have worked to become the industry leader for Functional Strength.

Have you noticed your fellow members working out with their personal coaches and doing some "strange" exercises? Have you wondered why so many people are balancing on one foot while performing an overhead press? Or why anyone would do a single-leg squat when regular ones are already difficult enough? Or why so many people are now jumping on and off BOSU's?

The answer to these perfectly normal questions is functional strength training. Used by hundreds of professional, Olympic and collegiate athletes, and thousands of people wanting to achieve top physical condition, our Personal Coaches incorporate an integrated functional training system designed to deliver optimum results. Study after study has proven that the human body must have flexibility, balance, and core strength to perform optimally in work, sports and life.

Most people operate under the assumption that weight training is just done to develop strength and power and to look muscular. This is simply not the case. How will these things help in your everyday activities? If you need to carry groceries into your house, pick up a child or climb a ladder, you need balance and core strength. The functional strength you can get with our personal trainers will help you complete these daily tasks in the safest possible way.

You'll also discover that fitness is not about lifting hundreds of pounds of weights! In fact, you'll find that the integrated training approach that we use will give you better results you can truly use.

Stop Wasting Time!



Get Results!

Talk to a Coach, & see what you are missing!

Learn to eat better, maximize cardio, use correct form during weight training, understand flexibility, and break thru the plateaus and ruts you get stuck in.

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