

# PERSONAL TRAINING DESCRIPTIONS

## INCLUDED IN YOUR MEMBERSHIP:

**Consultation** | A sit-down meeting with a personal trainer to discuss health history, past workout experience, and goals. This is an introduction to a personal trainer with the intent to start a training program. (30 minutes)

**Jump Start Consultation** | Medically referred clients to Family Wellness to do an exercise program. (30 minutes)

**Orientation** | Tour of various pieces of equipment around Family Wellness. This is catered around your needs to help you feel comfortable with the fitness floor. (30 minutes)

**Partner Orientation** | Two people share one orientation session. Each person goes through the same process as his or her partner. Individuals do not have their own separate orientation. (45 minutes to an hour)

## NOT INCLUDED IN YOUR MEMBERSHIP:

**Personal Training** | Paid service with a personal trainer that can be scheduled in 30, 45 or 60 minute sessions.

**In-Body** | An impedance scan that measures body composition and gives breakdowns of weight in fat, muscle, water, and bone mass.

**Small Group Training** | Groups of 4-10 participants who are doing personal training in a group setting at a reduced cost. Appointment only.

**Youth Healthy Lifestyle Training** | 1 on 1 training for ages 8-14 that teaches the fundamentals of exercise and ways to make it fun and enjoyable for kids. Includes 1 healthy cooking class.

**Program Design** | Paid service with a personal trainer for a custom designed fitness program and includes 1 session with personal trainer to go over program elements.

**Questions? Contact Matt, Fitness & Wellness Programs Manager, [matthew.bauman@sanfordhealth.org](mailto:matthew.bauman@sanfordhealth.org) or call 701-243-7643**