

## About the Trainer:

Frank Cortez has worked for Haysville Recreation for two years as a Program Supervisor. He was a collegiate track & field athlete at Emporia State University where he received his degree in Recreation. He is an ACE Certified Personal Trainer with experience in free weights, circuit, HIIT & endurance training.



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## Personal Training



**Return this Portion  
with Payment to the  
Haysville Activity Center**

## REGISTRATION

Name \_\_\_\_\_

M/F \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Type of Session: \_\_\_\_\_

# of Sessions: \_\_\_\_\_

### Office Use Only:

Amount \_\_\_\_\_ CC \_\_\_\_\_ Cash \_\_\_\_\_

Check # \_\_\_\_\_ Receipt # \_\_\_\_\_

## *Session Options*

### **\*Personal Orientation (2 Sessions)\***

*(Free w/any membership)*

### **\*One -on-One (1hr Sessions)\***

*2 sessions - \$30/hr = \$60*

*4 sessions - \$27/hr = \$108*

*8 sessions - \$24/hr = \$192*

*12 sessions - \$21/hr = \$252*

### **\*Partner Training (1hr Sessions)\***

*2 sessions - \$25/hr/person = \$50*

*4 sessions - \$22/hr/person = \$88*

*8 sessions - \$19/hr/person = \$152*

*12 sessions - \$16/hr/person = \$192*

***All Sessions by Appointment ONLY!***

## SESSION INFORMATION

Haysville Recreation is now offering a variety of fitness options meant to advance your overall health.

- The first option would be your FREE personal orientation that comes with every membership! The goal of these 2 - 30min sessions is to demonstrate proper technique and operation of the cardio and weight machines, to teach weight & cardio room etiquette and to show different methods of utilizing the equipment to maximize your own workouts!

- The second option would be the one-on-one sessions. This option will provide you with an ACE certified trainer who will create a tailor made exercise program to fit your individual health goals.

- The third option is designed for you and a buddy to work out together. Take advantage of training with a partner and being challenged by a program designed just for the two of you by an ACE certified trainer!

***\* By Appointment Only\****

## Our Approach

It is considered that optimal fitness is reached when an individual has achieved muscular strength, cardiovascular endurance and flexibility. We utilize the ACE IFT Model of Exercise to achieve this overall goal. This is broken down into four phases which gradually help you reach your optimal fitness.

### Benefits of Personal Training

- Lose Weight
- Increase Muscular Strength
  - Muscle Definition
  - Increase Flexibility
  - Improve Posture
  - Improve Balance
  - Reduce Stress
  - Improve Diet Habits
- Reduce the Risks of Heart-Related Illness
  - Increase Energy
  - Eliminate Boredom
  - Get Motivated
  - Improve Daily Function

### More than Just "Personal Training"

We realize there are times when you need an extra motivator to keep hitting the gym. Maybe your goals have changed or you are looking for a different challenge. If this is you, keep a lookout for our 12-week Challenges, Bootcamps and Weight Loss Challenges that we will offer throughout the year!!

### How to Get Registered

To sign up for this life changing opportunity, fill this enrollment brochure out and get scheduled for your first session with our ACE certified trainer today! Have questions? Call Frank @ 529-5922.