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# PERSONAL TRAINING

The Roger W. “Pip” Moyer Community Recreation Center at Truxtun Park (PMRC) offers a variety of Personal Training options to help you achieve your health and fitness goals.

## Benefits of Personal Training

- Certified Personal Trainers will provide for you a customized, goal oriented, and progressive workout plan.
- Sessions are tailored to address your individual needs, your experience level and any specific health considerations you may have.
- A variety of fresh training methods and techniques are continuously applied to create fun, safe, challenging and effective workouts.
- Your trainer will also nurture your motivation, hold you accountable for your own success, and educate you on the principles and philosophies of fitness needed to efficiently achieve your desired results.

## Availability

Personal Training is available to anyone with a Full Membership at the “Pip” Moyer Recreation Center.

## Consultation

All personal training options include a complimentary 30-minute fitness orientation.

During the consultation, your trainer will review and discuss your health and medical history, your workout history, and your fitness goals.

Baseline measurements, an exercise equipment orientation and a physical fitness assessment may be included as necessary.

Any information provided during the consultation is considered voluntary and confidential. The information is used strictly for the planning and development of a safe, effective, and customized exercise program.

## Scheduling

- Complete the “Personal Training Interest Form” on the back side of this page. The answers you provide will help us match you with one of our Personal Trainers.
- Your new Personal Trainer will contact you within 24-hours to schedule your initial consultation session.

| Individual Training – 30 Minutes   | Rate     |
|------------------------------------|----------|
| Single Session                     | \$23     |
| 3 Sessions                         | \$59     |
| 6 Sessions                         | \$123    |
| 12 Sessions                        | \$225    |
| Individual Training – 60 Minutes   | Rate     |
| Single Session                     | \$45     |
| 6 – Session Punch Card             | \$244    |
| 12 – Session Punch Card            | \$450    |
| Semi-Private Training – 60 Minutes | Rate     |
| Single Session                     | \$34 pp  |
| 6 Sessions                         | \$183 pp |
| 12 Sessions                        | \$338 pp |

**Do you have questions? Please contact Community/Employee Health, Fitness and Aquatics Supervisor Jennifer Jennings at 410.263.7958 or [jmjenning@annapolis.gov](mailto:jmjenning@annapolis.gov).**



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## Personal Training Interest Form

|                              |             |               |
|------------------------------|-------------|---------------|
| Last Name:                   | First Name: | Today's Date: |
| Date of Birth (mm/dd/yy):    |             | Membership #  |
| Preferred method of contact: |             |               |

The Roger W. "Pip" Moyer Community Recreation Center at Truxtun Park (PMRC) offers a variety of Personal Training options to help you achieve your health and fitness goals. Please answer the questions below to help us find the right fit for you:

|     |    |                                                                         |
|-----|----|-------------------------------------------------------------------------|
| Yes | No | Have you used a Health Club / Gym / Fitness Center before joining PMRC? |
| Yes | No | Have you ever worked with a Personal Trainer?                           |
| Yes | No | Do you have a Personal Trainer preference? Describe:                    |

Please indicate which day(s) you are available for your Personal Training sessions:

|        |         |           |          |        |          |        |
|--------|---------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|

Please indicate the most convenient time(s) of day for your Personal Training sessions:

|          |            |          |
|----------|------------|----------|
| Morning: | Afternoon: | Evening: |
|----------|------------|----------|

What specific health and fitness related goals do you wish to accomplish?

What is your time frame for achieving your goals?

What obstacles to achieving your goals do you anticipate having to overcome?

Briefly describe your current level of physical activity:

Please rate your level of agreement/disagreement with the following statements:

|                                        |       |    |   |   |   |   |   |   |   |   |   |          |
|----------------------------------------|-------|----|---|---|---|---|---|---|---|---|---|----------|
| I enjoy exercising.                    | Agree | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Disagree |
| I am motivated to exercise.            | Agree | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Disagree |
| I am ready to make a change in myself. | Agree | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Disagree |