

# Intro to Personal Training Program

(269) 544-3200

bronsonathleticclub.com



## A fitness program designed around you!

At Bronson Athletic Club, we are dedicated to helping you reach your health and fitness goals. Our personal trainers will work with you to create a personalized program that incorporates exercise, nutritional guidance and health education. Your trainer will assess your exercise history, postural alignment, sleep patterns, stress management and nutritional needs. Together, you will create a plan that is both fun and effective!



## Three week program to kick start your training

To help you get on the road to better health and fitness, our personal trainers will help you create an individualized plan that incorporates proper exercise and nutrition.

The Intro to Personal Training Program features:

- Three 60-minute sessions with the trainer of your choice
- Postural assessment
- Nutrition education
- A personalized plan to continue on your road to better health

## What to expect

To help you get the most out of your first three personal training sessions, you can expect your program to follow a pre-designed format:

- **Session 1:** Review your health history with your trainer, discuss your goals and perform a postural assessment.
- **Session 2:** Learn specific stretching techniques, strength training and cardiovascular exercises tailored to your fitness abilities and goals.
- **Session 3:** Review exercises from second session and create a plan of action to continue on your road to better health and fitness.

For more information or to purchase your intro to personal training package, contact Sarah Onderlinde at onderlis@bronsonhg.org or (269) 544-3200, or stop by the club service desk.

