



annapolis

recreation & parks

Healthy Living Starts Here.

PERSONAL TRAINING

Annapolis Recreation and Parks offers a variety of Personal Training options at the “Pip” Moyer Recreation Center 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.
- Training 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 frequently introduced 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 so you may efficiently achieve your desired results.

Availability

Personal Training is available to anyone with a “Pip” Moyer Recreation Center membership.

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 voluntary and confidential. The information is strictly for the planning and development of a safe, effective and customized exercise program.

Scheduling

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

Individual Training – 30 Minutes	Rate
Single Session	\$23
3 Sessions (“Let’s Get Started” package)	\$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

Questions? Contact Community Health, Fitness and Aquatics Supervisor Jennifer Rafiq at 410.263.7958 or jarafiq@annapolis.gov.



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Personal Training Interest Form

First Name:	Last Name:	Today's Date:
Date of Birth (mm/dd/yy):	PMRC Membership #	
Email:	Cell Phone #	

Annapolis Recreation and Parks offers a variety of Personal Training options at the "Pip" Moyer Recreation Center 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
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Please indicate the most convenient time(s) of day for your Personal Training sessions:

Morning:	Afternoon:	Evening:
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What specific health and fitness related goals do you wish to accomplish?

What is your timeframe 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