

Let Our Professional Trainers Help You ...

- ⇒ Enhance your mind
- ⇒ Improve your overall fitness levels
- ⇒ Reach a healthy weight
- ⇒ Address your personal health & fitness concerns
- ⇒ Learn proper techniques & form to reduce the risk of injury
- ⇒ Maximize your workout to fit your schedule
- ⇒ Feel energized



Reach your goals!



Vertimax

"Light Load, High Speed" Training



Sports Performance Training



TRX
Suspension Training

Get started with personal training today.

Stop by the fitness desk or contact 262-925-6742 or fitness@plprairie.com

Training Services

at RecPlex

9900 Terwall Terrace

Pleasant Prairie, WI 53158



TRX® Suspension Training® is one of the hottest things to enter the fitness world in years. TRX Suspension Training harnesses your own bodyweight to create resistance as you workout and allows you to adjust the degree of difficulty, regardless of your ability, age or fitness goals.



MC² Training

The ultimate workout that increases muscular and cardio fitness while optimizing calorie burn. This training program is sequenced to optimize metabolic rate where participants can burn a maximum amount of calories. Featuring the FreeMotion Incline Trainer, FreeMotion Circuit of functional training equipment, clients are constantly engaged in their workout and getting results.



VertiMax is a new training system that has proven to be 6X more effective than traditional plyometrics for developing explosive power. You get increased results with a new type of training called "Light Load, High Speed" training. This training technique for developing power is light load, high-speed training using sport specific motions. Training at high speeds with light loads is an effective means to develop the body's ability to generate power at high speeds. Athletic speed & quickness is primarily a function of leg drive power & leg pulling power.

PERSONAL TRAINING SERVICES



MAXIMIZE

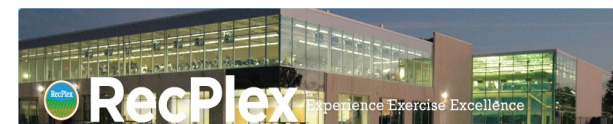
your time

FOCUS

your energy

And get

RESULTS!



Maximize Your Time, Focus Your Energy and Get Results!

Working with a trainer is one of the fastest & most successful ways to improve your overall fitness. This individualized attention from our professionally trained trainers will help you custom design a program so you can make the lifestyle & physical changes that may be hard to achieve on your own.

Our area of expertise include:

- ◆ Circuit & Interval Training
- ◆ Functional Training
- ◆ Sports Specific Training
- ◆ Balance & Core Training
- ◆ Weight Loss Training
- ◆ TRX Training & MC² Training

PREMIER LEVEL TRAINING RATES: *certified professionals with knowledge & experience in Personal training and Fitness. If you are relatively new to personal training or have general health and fitness goals, a premier trainer may be right for you.*

EXPERT LEVEL TRAINING RATES: *with mid-level experience and certification. Expert trainers are qualified to meet more advanced needs. If you have areas of special interest or concern an Expert trainer may be your best choice.*

MASTER LEVEL TRAINING RATES: *The highest level of training, certification and experience: capable of training clients at any level. If you have special medical or orthopedic considerations, you may feel more comfortable partnering with a Master training professional whose advanced skills can meet your challenges.*



Reach your fitness goals faster & easier with a Personal Trainer!

One-on-One Training

Your personal trainer is not only a coach but serves as a motivator and an educator. A novice exerciser may have the most to gain by selecting a personal trainer to design an exercise program that is safe and effective. All Personal Training includes a complete fitness assessment using: MicroFit evaluation program. Your Personal Trainer will accurately focus on the specific areas to meet your individual health and fitness goals.

Advantages of a personal trainer include:

- ◆ More productive workouts
- ◆ Motivation to keep your workout on track
- ◆ Exercise program personalized to meet your specific goals
- ◆ Instruction in correct form and equipment usage to prevent injury

Packages	Premier Trainer	Expert Trainer	Master Trainer
1 session	\$55/60	\$63/68	\$71/76
6 sessions	\$50/55	\$58/63	\$66/71
12 sessions	\$45/50	\$53/58	\$61/66

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Small Group Training

Small Group Training is an awesome way to get the attention you need for your fitness program, while keeping the cost of each session down. At 2-4 clients to 1 Personal Trainer ratio, you add the motivation of a workout partner to the knowledge and guidance you are already getting from your personal trainer. This is a great addition to your routine as your Personal Training partner can help motivate and keep you going on your days off from your Personal Training session. The more friends you can get involved the better. It will save you time, and ensure you always have a partner for your personal trainer sessions and a buddy when on your own workout.

- ⇒ Kickbox Fitness Training
- ⇒ Personalized Training Sessions
- ⇒ Running Water

Packages	Premier Trainer	Expert Trainer	Master Trainer
1 session	\$27/32	\$32/37	\$37/42
6 sessions	\$25/30	\$30/35	\$35/40
12 sessions	\$23/28	\$28/33	\$33/38

Group Training

We invite you to discover what so many of our clients already know - Group Personal Training can make achieving your fitness goals more enjoyable and motivating than you ever thought possible. Whether it's the great music, the fun atmosphere, the motivation from the trainer, the camaraderie and energy of the group, or the variety in programming, our clients love our group training sessions. We have designed our group training schedule to offer flexibility and a balanced approach to fitness. Whether your goal is to lose body fat, sculpt your muscles, tone up your hips, thighs, and abs, improve your flexibility, or relax and rejuvenate, we've got a group session for you!

- ⇒ SAR Training
- ⇒ Sports Performance Training
- ⇒ TRX Suspension Training