

PERSONAL TRAINING

- ✓ *Looking to make a change?*
 - ✓ *Ready for a healthier lifestyle?*
 - ✓ *Tired and want more energy?*

If these questions have crossed your mind and you are ready to begin your change.....than IC Personal Training is your answer!!!



By prior arrangement, the IC Trainers are here to guide you through one-on-one sessions to help you reach maximum results. Strength training, cardiovascular conditioning, weight management and nutrition all play a part to help you achieve your goals.....and the Certified IC Trainers are here to help!

One session ~ \$68

*Special*** 3 sessions ~ \$165*

6 sessions ~ \$315

8 sessions ~ \$400

12 sessions ~ \$570

All sessions are for one hour and all packages must be pre-paid. For more information speak to Laurie Houseknecht in the athletic office or the trainer on duty.

The IC trainers will also be able to provide you with more details for your personal health goals by offering the following Fitness Assessments.

(The assessments will be used to determine a person's fitness level in the following areas: flexibility, body composition, muscular endurance and aerobic conditioning.)

Gift Certificates available! Every new IC member gets one free PT session!