

“IT’S FIT TO BE HEALTHY”

PERSONAL FITNESS TRAINING

CLAIRE ONDROVIC

***FOR INFORMATION CALL 631 255 9333 OR EMAIL
RHOSEREO@OPTONLINE.NET***

*Certified Personal Fitness Trainer, American Fitness Association of America (AFAA)
Group Fitness Instructor, AFAA
Certified Spinning Instructor, Madd Dogg Athletics
CPR, American Heart Association*

*Trained in Aerobics (Step, Floor), Ballroom Dance, Bosu Integrated Balance, Core Conditioning,
Kickboxing, Mat Science, Midlife Fitness for Women, Resist-A-Ball under the founder Mike Morris,
Senior Fitness, The Ramp under founder Gin Miller, Weight Training;
Choreography, Low Back Pain, Musicology, Teaching Skills*

INDIVIDUAL PERSONAL TRAINING PACKAGES

*1 SESSION: \$55.00
5 SESSIONS: \$255.00
10 SESSIONS: \$470.00*

‘ADD ONE FRIEND’ TRAINING PACKAGES

*1 SESSION: \$45.00/PERSON
5 SESSIONS: \$205.00/PERSON
10 SESSIONS: \$370.00/PERSON*

PAYMENT MUST BE MADE IN ADVANCE; NO PARTIAL PAYMENTS ACCEPTED
ALL SESSIONS ARE ONE HOUR LONG

ASSESSMENT

A free fitness assessment will be provided with the purchase of a Personal Training Package; this will include body composition analysis, muscular strength and endurance testing, flexibility testing and goal setting.

Potential clients will fill out a Health History Questionnaire. If a Physician’s clearance is required, there may be a slight delay in the commencement of training.

CANCELLATION POLICY

Clients who are unable to attend a scheduled session should call 631 255 9333 to cancel at least 24 hours in advance. If the client does not call at least 24 hours in advance, they will be charged for the scheduled session.