

# Personal Training Services

Let us help you move toward your best health.

## Fitness Consultation and Program Design

This 2-session starter package includes a one-on-one consultation with a personal trainer, followed by a program design appointment to introduce you to your personalized exercise plan. Consultation includes baseline measurements, discussion of health and exercise history, and setting fitness goals. The program design can be for home or facility use. Additional personal training appointments and packages can be purchased after initial consult is completed. This package also includes the InBody assessment.

## InBody Assessment

Go beyond the scale with an InBody assessment. This is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and body water. It will also let you know how many calories your body burns at rest, giving you a guideline to follow if you want to maintain or lose weight. You can see your results in less than a minute and track your progress over time.

	Member Fee	Non-Member Fee
Fitness Consultation and Program Design	\$60	\$75
InBody Assessment	\$10	\$25

## Personal Training

Work one-on-one with an exercise physiologist to improve your health and reach your goals.

	Member Fee	Non-Member Fee
<b>60 Minute Session</b>		
Individual Session	\$40	\$50
5 Pack Session	\$175	\$225
10 Pack Session	\$300	\$400
<b>30 Minute Session</b>		
Individual Session	\$25	\$35
5 Pack Session	\$100	\$150
10 Pack Session	\$150	\$250

*All fees subject to sales tax*

Please call the OhioHealth Ontario Health & Fitness Center at (419) 526.8900 to schedule your initial appointment or to learn more about our personal training options.

**Appointment Cancellation Policy:** A 24 hour notice of cancellation is required for all scheduled personal training appointments. Your session will be forfeited without proper notice.

