

## Testimonials

Personal Training at the Community Center is the best decision that I ever made for my fitness routine. Through Kaylyn's instruction, I've achieved my personal goals in half the time with twice the benefit! She also continually helps me to maintain my level of fitness through introducing new methods and ensuring proper technique. I strongly recommend utilizing this wonderful benefit that is available to all of our members!

— Henry Y.

Now 59 years old, I have worked out on my own all my life doing conventional weight train and cardio gym machines. I will say without question, after over a year with Alicia's personal training, all around, I am in better physical condition and feel better than I ever have!

— Dave O.

I have been working out and training with Tess for over three years. During that time, Tess created workouts to meet my request for a particular purpose. The sessions Tess created and worked me through earlier this year helped me excel in the Pine Community Fitness Challenge. My sessions through the summer have helped me develop muscle memory movements associated with my golf swing. The results have been more than satisfactory.

— Mick S.

## Our Mission

The Pine Community Center is a Township facility that provides an inter-generational place for members of the community to meet and enjoy mental, physical, and social well-being.



**Pine**  
COMMUNITY  
CENTER

*TIME TO GET  
HEALTHY & FIT!*

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**PERSONAL  
TRAINING**

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**100 Pine Park Dr.**

**Wexford, PA 15090**

**724-625-1636, Ext. 3**

**[www.twp.pine.pa.us/communitycenter](http://www.twp.pine.pa.us/communitycenter)**

## What is Personal Training?

- One-on-one training and assistance in the development and/or improvement of an exercise program.
- Personal training clients are provided with an individualized exercise program tailored to meet specific health and fitness goals.

## What we offer:

- Fitness Assessments
- Weight Loss Management
- Strength Training
- Sports Conditioning
- Cardiovascular Training
- Special Event Training
- Activity Specific Training

## Benefits of Personal Training:

- Set goals and track progress
- Individualized exercise program
- Education on proper exercises and techniques
- Improve self-confidence and create a positive exercise experience
- Accountability, which leads to consistency and RESULTS
- Exercise safely without fear of injury

## Your Trainer Will:

- Develop a customized exercise plan to help you reach your goals
- Provide you with uninterrupted, individual sessions
- Provide you with motivation and support to help your workout be the best it can be
- Provide a safe and effective exercise environment using the latest training methods

## Personal Training Policies

- We ask that you arrive at least 10-15 minutes early for your initial visit to allow time for paperwork and payment
- All sessions are 1 hour in duration
- All purchased sessions are non-refundable
- All sessions are non-transferrable
- General Facility Rules and Fitness Center Rules apply

## **HAVE YOU BOOKED YOUR FREE WELLNESS CONSULTATION?**

*Book TODAY—Stop at the welcome desk to schedule your complementary session with one of our personal trainers!*

## Training Options

### 1-1 Personal Training Packages

# of sessions	Member	Non Member
1 Session	\$45	\$55
3 Sessions	\$129	\$159
6 Sessions	\$258	\$318
9 Sessions	\$369	\$459
12 Sessions	\$468	\$588

### 2-1 Personal Training Packages (rate = per person)

# of sessions	Member	Non Member
1 Session	\$30	\$40
3 Sessions	\$84	\$114
6 Sessions	\$168	\$228
9 Sessions	\$234	\$324
12 Sessions	\$288	\$408