

Personal Training

Get Moving!

Despite what you may have heard, personal training is not just for the rich and famous. At Saratoga Health and Wellness, our exercise physiologists deliver cost effective training programs to anyone wishing to get or stay fit. Below are just a few examples of why clients have chosen to do personal training with us. What's your reason?

- ✓ I'm bored with my program and have difficulty making changes to keep things exciting.
- ✓ I manage to stay fit but wonder if I should be exercising at different intensities or for different amounts of time.
- ✓ I have health related issues (overweight, hypertension, diabetes, high cholesterol) and want to make sure that my exercise program is appropriate AND effective.
- ✓ I need to be held accountable to someone other than myself.
- ✓ I find that having exercise appointments keeps me consistent with my exercise program.
- ✓ I'm struggling to lose weight and appreciate working with a professional who not only understands the physiology of weight loss, but also knows effective training techniques.
- ✓ I have performance related goals (ie running a 5k or participating in a triathlon) and want a science-based training program.

Whatever your reason for working individually with an exercise physiologist, rest assured that we'll design an effective program that motivates, inspires and most importantly achieves results. Call today for a free consult, and to determine a schedule that will work for you.



518-306-6987

www.saratogahealthandwellness.com

Our Rates

Individual Session		5-Pack	10-Pack
30 Minutes	\$50	\$225	\$350
1 Hour	\$70	\$300	\$525

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