

## PRIVATE TRAINING

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Your first visit at Advanced Fitness Solutions will be a 1-hour consultation where one of our Fitness Professionals will then determine the appropriate exercise program in order for you to reach your goals.

Once we determine what you need in order to reach your goals, we help you decide on a training schedule that you can commit to. This includes:

- Training packages that tell us how long you want to commit for,
- Whether you want to train 1, 2, or 3 hours per week, and
- Days and times of the week that would work best with **your** schedule.

*Holding you to this commitment will make you more accountable for your decisions.*

Your program will be designed around your personal needs, goals, and equipment available. Training will start as soon as you can in one of our private training studios utilizing all we have available, including (but not limited to):

- Warm-up
- Stretching
- Cardiovascular Training
- Muscular Strengthening
- Cool-down
- Topics of interest (i.e. nutrition, running, sleep, athletics)

Proper form and technique will be stressed to ensure safety and effectiveness. Anyone deciding to exercise in one of our private training studios by purchasing a 2, 3, or 4 month package will receive constant feed back, motivation, changes when necessary, documentation, and unlimited body compositions.