



Personal Training



****25% off for all Military, Police and Fire****

FREE Fitness Consultation - FREE consultation allows you to meet with the fitness professional and discuss a plan of action that is feasible for you. In this 60 minute consultation the trainer will take you through a functional movement screen which will help identify and weaknesses or imbalances. After that the fitness professional will make a few suggestions that will help maximize your workout. When the consultation is over the trainer will take the client through a personalized 30 minute workout.

Personal Training – Personal Training is a great way to get motivated and track your progress. The trainer will meet with the client and take them through a program that best accommodates to their needs. Since personal training is not done in a group setting it allows the professional to focus more attention to the individual.

Pricing:

\$65/hour

\$35/30-minutes

Small group training(3-8 people) -Our small group personal training programs allow clients with similar goals to enjoy the structure and progression of a comprehensive strength and conditioning program at a fraction of the cost of personal training.

Pricing:

\$20/hour

Call 603-778-4890

cfavara@accessacceleration.com