

## Personal Training

Personal training is a program that is designed to meet each client's specific needs. Whether you are looking to lose weight, shape up, train for an event, gain strength, or work toward more specific fitness goals, you will benefit from our Personal Training program.

A Personal Trainer is not only a coach, but can also be your confidant, role model, educator, and a major source of motivation and encouragement.

Set up a program with your personal trainer that works for you. Some people want to meet 2 or more times per week because it helps keep them accountable to someone else for their exercise. Others only want to meet occasionally for assessments, updates, or feedback.



### Contacts:

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## Personal Training & Health Coaching



**Questions?  
(651)257-7957**

## HOW TO GET STARTED

Step 1– Determine the type of training/coaching that interests you most.

Step 2– Contact M-Power Wellness Center and schedule a time to meet with one of our trainers/coaches.

Step 3– Complete the forms and pay for the number of sessions you would like.

Step 4– The trainer/coach will contact you to schedule your first appointment.



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## PERSONAL TRAINING OPTIONS

**On land, exercise  
equipment, in the lap pool  
or the HydroWorx pool**

### Individual Training

Work one-on-one with our certified personal trainers.

30 minutes	\$45
45 minutes	\$55

Purchase 5 sessions and get the 6th one free!

### Buddy Training

Customize a plan with a friend together with the help of our trainers.

30 minutes	\$30/person
45 minutes	\$40/person

### Small Group Training (3-6 people)

This is an affordable way to get the help of a trainer, and have the motivation of your partners.

30 minutes	\$25/person
45 minutes	\$30/person

\*Prices & Fees subject to change

## Health Coaching

Health coaching is a process that facilitates healthy, sustainable behavior change.

Health coaches help clients make positive and lasting changes to their health. The coach guides clients through the process of creating a vision for their health and well-being, developing a healthy mindset and healthy habits, and encouraging them every step of the way until they accomplish their goals.

30 minutes	\$45
45 minutes	\$55

