

XTREME PERSONAL TRAINING

Looking for a more **hands-on** approach to getting in shape? Are you an athlete who wants to reach the **next level**? Is your son going out for football, or your daughter preparing for cross country? **Private training sessions** at XtremeRow are customized to help you take yourself to levels you never thought possible. It's an investment that can pay dividends for the rest of your life.

THE BENEFITS OF WORKING WITH A PERSONAL TRAINER

In addition to weight loss and improving overall athletic performance and technique, working with a personal trainer is also beneficial to those new to exercise, those needing rehabilitation after an injury or surgery, and those with a chronic condition such as arthritis.

We can help you:

- Lose weight
- Build muscle
- Build endurance
- Increase power output
- Get ready for your next season
- Be the best athlete you can be
- Build a healthier lifestyle

HOW IT WORKS

After assessing your current fitness level and lifestyle, your personal trainer will listen to your goals and develop an individualized, progressive program to help you achieve them. They will be with you every step of the way to provide **motivation** and **accountability** while ensuring you are working out safely and efficiently. Whatever your goals, our certified trainers are here to help you achieve them.

XtremeRow offers the best personal trainers you'll find in Bloomsburg all under one roof!

From weight loss, flexibility, and athletic improvement, to simply improving your daily quality of life...we have the trainer for you!!

Prices for sessions vary per package purchased.

SMALL GROUP PERSONAL TRAINING

For those wanting a little extra motivation and accountability with a personal trainer while looking to save some money, Elite PT offers small group Personal Training packages with certified personal trainers! A small group ranges from a minimum of 2 people to a maximum of 5. Team up with your family or friends to make a group and get in shape together! Clients will receive the very best in guidance and counseling as well as hands on approach with nutritional assistance.

60 min Group Session Rates

(per person, per session)

- 2 people \$30
- 3 people \$25
- 4 people \$20
- 5 people \$15



CALL (570) 369-2124 TODAY TO SET UP YOUR COMPLIMENTARY FITNESS ASSESSMENT!