



Personal Training

The Fitness Center at UH Avon Health Center offers both individual and group personal training sessions to assist clients with the goal of feeling and looking great. Each of our nationally certified trainers has years of experience and proven success in a variety of specialties. They have been carefully selected to provide you with a unique experience tailored to your needs.

PERSONAL TRAINING SPECIALTIES

- Weight loss through lifestyle changes
- Dynamic core and strength training
- Balance, flexibility and stability
- Circuit training
- Senior fitness
- Myofascial release
- Cancer, Diabetes, Arthritis, Cardiac, MS, and Parkinson's
- Women's health (pre/post-natal, menopause)
- Injury prevention
- Endurance event training (run/swim/bike)

ONE ON ONE HOURLY SESSION

Members \$59 Nonmembers \$64

MEMBER PACKAGE OPTIONS

5 sessions	\$295	20 sessions	\$1,121
10 sessions	\$578	30 sessions	\$1,593
15 sessions	\$858		

JUMPSTART PACKAGES *For new clients only*

3 one hour sessions or 6 half hour sessions
 Individual Jumpstart package \$143
 Group Jumpstart package \$213

SMALL GROUP PERSONAL TRAINING

Get individualized attention and group support for between \$12-20 per hour. Small groups meet once or twice per week. See Program Manager for latest offerings.

REGISTERED DIETITIAN

Nutrition and healthy lifestyle support available with our Registered Dietitian. First session is complimentary. Thereafter, four 15 minute consultations/weigh ins are available for \$60 for our members and personal training clients.

*Half hour sessions available

Visit our website to meet the team of trainers.

Personal Training packages and programs are nonrefundable.



For questions or to register, go to the front desk, call **440-988-6822** or email **Renee.Barrett@UHhospitals.org**.



Fitness



440-988-6801
UHhospitals.org/Fitness

1997 Healthway Drive
Avon, Ohio 44011