

HAC PERSONAL TRAINING Q&A

2 - 30 min Orientation Sessions – (Free with any Membership Package)

What's included?

- Introduction to the weight, cardio and circuit equipment. Teach proper technique and workout etiquette and explain different ways to challenge yourself with each piece of equipment.
- Each participant will fill out a PAR-Q questionnaire designed to gauge overall health and any possible health risks related to exercise.
- No more than 2 people can participate in these orientations at a time.

Who can sign up?

- Any member who is new or renewing can sign up for these orientation.
- Current members who have not used this opportunity are also eligible.
- Members can only participate in these 2 free sessions ONCE!
- Middle school orientations are separate. These sessions are for 9th graders and older people.

Why 2 - 30 min sessions?

- One session will be dedicated to the questionnaire and the cardio equipment.
- Other session will focus on the weight equipment and circuit equipment based on client(s) goals.

What do these sessions NOT include?

- This is not a "workout" session. The member will be spending minimal time on each piece of equipment and should not expect to be put through a full workout.
- Any evaluation and/or testing would not be conducted during these sessions.
- A workout plan/program will NOT be developed during these sessions.

Personal Training: One-on-One & Partner Training

What do I need to know ahead of time?

- An individual can purchase 2, 4, 8 or 12 sessions at a time. Must pay up front and in full for whatever option is chosen. If during the course of the paid sessions an individual chooses to purchase more sessions, those additional sessions would be full price.
- These are 1-hour long sessions.
- It is recommended that the individual(s) arrive dressed for exercise. If the individual must change before the session can begin, the time needed to change is considered a part of the hour.
- The trainer reserves the right to reschedule a session due to an individual not wearing proper attire according to the facility's dress code.

What do these one-on-one sessions consist of?

- First session will consist of attitude questionnaire, fitness profile, goal setting and any waivers required will be given to the client.
- The remaining sessions will be based off the ACE IFT model.
- Programs will be designed based on the goals and past experience of the client.
- Options include but are not limited to: resistance training, cardio, circuit training, HIIT training, plyometric training, sport specific training and more!

How do I make appointments?

- All appointments will be made between the trainer and the client. All reschedules will be done through the same parties.

Partner Training

What will these sessions consist of?

- First session will consist of the same routine as the one-on-one sessions unless they have already filled this paperwork out before during a single session.
- Programs will be designed based on the goals and past experiences of the clients. It will also incorporate exercises designed to be performed with two individuals.
- Options include but are not limited to: resistance training, cardio, circuit training, HIIT Training, Plyometric training, sport specific training and more!
- It is not required, but is strongly recommended to clients, that they train with an individual with similar experience and fitness levels to optimize results and experience.

How do I make appointments?

- All appointments will be made between the trainer and the client. All reschedules will be done through the same parties.

Refund & Pricing

- Refunds will be issued only with a medical restriction that was given by a physician AFTER payment was made. This will be on a case by case basis and must be cleared by the trainer.
- If individual made payment and scheduled the appointment but fails to show, there will be no refund. Every attempt will be made to reschedule an appointment with proper notice.
- If an individual was to purchase a certain amount of sessions and then choose to purchase more sessions after their initial purchase, they will pay full price for those additional sessions.
- Pricing is the same for members AND non-members.