

Personal Training Menu

Single Training Fee \$40
30-minute personal training session

Individual Training Package Options

Five – 30-minute sessions	\$185	Ten – 30-minute sessions	\$350
Five – 45-minute sessions	\$275	Ten – 45-minute sessions	\$525

Partner Training Package Options

Five – 30-minute sessions	\$300	Ten – 30-minute sessions	\$600
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Small Group Training Package Options

3 Participants \$25/person/session			
Five – 30-min sessions	\$375	Ten – 30-min sessions	\$750
4 Participants \$25/person/session			
Five – 45-min sessions	\$500	Ten – 45-min sessions	\$1000

Personal Workout Plan \$75

Perfect for those clients who want to have a customized exercise program that they can do on their own.

4-week Workout Series

Mondays 1:00p – 1:45p Balance Bootcamp

This 45-minute workout (12/max) will address and help correct movement patterns and muscular imbalances that can lead to falls. The workout will include functional exercises that are progressive and structured to create a complete workout that is effective, FUN and encourages individual progression and skill development.

Thursdays 1:00p – 1:45p Strength Conditioning

Participants (12/max) will receive exercise instruction that target areas of concern or weakness. Workouts will include a wide variety of equipment such as: free weights, kettle bells, bars, dyna-bands, agility ladder, balance dots, etc. to safely challenge each workout participant.

Cost: \$80 for 4 week session (4 Balance Bootcamp & 4 Strength Conditioning)

A minimum of five registered participants is required for session to run as scheduled.

Drop-In Workout Rates: \$12/workout

*Drop-In Workouts only applicable if space is available. With safety being our top priority, 12 is the maximum participant number for BIC Specialty Fitness programs.

Coming Soon... Back to Basics

This 45-minute exercise class includes both balance and strength exercises. Using resistance bands, fitness balls and free weights, strength exercises are performed to challenge the major muscle groups of the body. Balance and coordination exercise will be performed to increase body awareness and build confidence in movement. Combined, the exercises promote good posture, ease of movement and well-being.

Cost: Conducted on a punch-card system. Each card has 10 - \$10 punches/\$100 and is valid for 3 months. Drop-in rate will be \$15.

Call 317-893-1233 for more information on BIC Specialty Fitness programs.