

Personal Training Menu

Single Training Fee \$40

30-minute personal training session

Individual Training Package Options

Five – 30-minute sessions **\$185**

Five – 45-minute sessions **\$275**

Ten – 30-minute sessions **\$350**

Ten – 45-minute sessions **\$525**

Partner Training Package Options

Five – 30-minute sessions **\$300**

Ten – 30-minute sessions **\$600**

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

4-week Workout Series*

Mondays 11:45a – 12:30p

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 11:45a – 12:30p

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: 4-week Workout Series is conducted on a punch-card system. Each card has 10 - \$10 punches/\$100 and is valid for 3 months. Punch cards are non-refundable.

Drop-in rate: \$15/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.

***Contact BIC Specialty Fitness for 4-week Workout Series dates**

Exercise Class

Tuesdays 11:45a – 12:30p

Back to Basics

This 45-minute exercise class includes both standing and seated exercises using resistance bands, fitness balls and free weights to strengthen the major muscle groups of the body. Balance and coordination exercises 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: Back to Basics class is conducted on a punch-card system. Each card has 10 - \$10 punches/\$100 and is valid for 3 months.

Drop-in rate: \$15/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.

317.893.1233

WISH IT, DREAM IT, MOVE IT!!!