

FITNESS COACHING & TRAINING



MEET THE TRAINERS



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ALL NEW MEMBERS ARE ELIGIBLE FOR
**A 1-HOUR FITNESS ASSESSMENT
WITH A CERTIFIED PERSONAL
TRAINER**

See the Welcome Desk for more information.

WHY PERSONAL TRAINING?

Local, independent contractor trainers can help you achieve your long-term fitness & wellness goals.

GET MOTIVATED!

Set goals, create a plan of action to accomplish them, stay accountable, and celebrate achieving them with your personal trainer!

GET EDUCATED!

A trainer will teach you about proper exercise selection, correct technique, program design, and appropriate short and long-term progression - all leading to safer, quicker results, improved self-esteem, decreased likelihood of injury, and newfound confidence!

PERSONAL ATTENTION!

A trainer will assess your current fitness level and goals, and tailor a customized fitness routine that strengthens your weaknesses!

NO EXCUSES!

A trainer can help hold you accountable to your goals and your program, as they teach you how to overcome barriers to exercise adherence.

HAVE FUN!

Your trainer can make exercise not only effective but also FUN! One-on-one, buddy-training, or small-group options can be a great way to increase enjoyment, build relationships and/or share the cost of sessions!

LEARN MORE

PERSONAL TRAINERS BUILD CHAMPIONS! YOU CAN BE THE NEXT ONE!

Ready to get serious and see real change?

The Kroc Center contracts with the best local independent personal trainers! Grab a training flyer at the fitness center entrance, and look for great trainer tips on the cardio machine welcome screens! Call and schedule your appointment TODAY!