

The Center is a multi-faceted facility that encourages people of all ages and fitness levels to participate in programs that help to promote good health. The center has strength and cardiovascular equipment training space; a 25 meter pool; an aerobics studio for exercise classes, yoga, Pilates, Tai Chi and martial arts ; racquetball; indoor cycling classes; child care; and youth programming spaces. The Ocean City Aquatic and Fitness Center has something for everyone in the family!

The Aquatic and Fitness Center is located at 1735 Simpson Avenue. The center is open Monday through Friday from 6:00 a.m. to 9:00 p.m., Saturday from 7:00 a.m. to 6:00 p.m. and Sunday from 12:00 p.m. to 6:00 p.m.

Ocean City Aquatic and Fitness Center

1735 Simpson Avenue

Ocean City, NJ 08226

For More Information about the
Ocean City Aquatic and Fitness Center

call

609 398-6900

or visit

www.ocnj.us

Aquatic & Fitness Center

Personal Training



Get Healthy and Fit! Ocean City Aquatic and Fitness Center Personal Training Information

WHAT IS A PERSONAL TRAINER?

At the Aquatic and Fitness Center, a personal trainer is your partner in getting healthy and fit. Your trainer will assess your current level of fitness, consider your individual fitness goals, then design an exercise plan to help you achieve success safely. Your trainer will guide your workouts and monitor your progress. The one-on-one attention from your personal trainer will help you maximize your potential and keep you motivated to maintain a healthy lifestyle.

WHO CAN BENEFIT FROM A PERSONAL TRAINER?

Anyone can benefit from a personal trainer! They are especially important for those attempting to lose weight, those who are beginning to work out for the first time, those who are training for a sporting event or competition, or those that need to recharge their workouts.

WHO ARE OUR PERSONAL TRAINERS?

Aquatic and Fitness Center trainers all have nationally recognized certifications. We have both male and female trainers. We have instructors to suit the needs of individuals at any fitness level. You can choose a trainer who is a perfect match to your individual needs, goals and preferences.



YOUR PERSONAL TRAINER WILL:

- ◆ Assess your current level of fitness.
- ◆ Design an exercise program tailored to your fitness goals.
- ◆ Ensure proper form on exercise machines.
- ◆ Monitor your progress and motivate you to achieve your goals.
- ◆ Monitor your transition from rehabilitation to an exercise program.
- ◆ Help you train for an upcoming sporting event.

Personal training sessions are available by appointment between the hours of 6 am and 8 pm, Monday through Friday. Sessions are also available on weekends. See the Front desk to sign up. After signing up you will call your instructor to set up an appointment.

You may also take advantage of personal yoga, private Pilates classes and small group private training.

New members when signing up for a membership if you purchase a personal training package that day you receive one free follow up assessment.



	<u>Staff Trainer</u>	<u>Master Trainer</u>
(1) 60 Minute Session	\$ 49	\$ 64
(3) 60 Minute Sessions	\$139	\$179
(6) 60 Minute Sessions	\$259	\$324
(3) 30 Minute Sessions	\$ 90	\$120
(6) 30 Minute Sessions	\$168	\$228

Fitness assessment is complimentary with purchase of any 60 minute package. Your 1st visit is your fitness evaluation.

<u>Group Personal Training Sessions</u>	<u>Two People</u>	<u>Three People</u>	<u>Four People</u>
<u>Staff Trainers</u>			
(1) 60 min.	74.00	90.00	102.00
(3) 60 min.	209.00	255.00	289.00
(6) 60 min.	388.00	474.00	538.00
(3) 30 min.	135.00	165.00	188.00
(6) 30 min.	232.00	308.00	350.00
<u>Master Trainers</u>			
(1) 60 min.	96.00	117.00	133.00
(3) 60 min.	268.00	328.00	373.00
(6) 60 min.	486.00	594.00	675.00
(3) 30 min.	180.00	220.00	250.00
(6) 30 min.	342.00	418.00	475.00