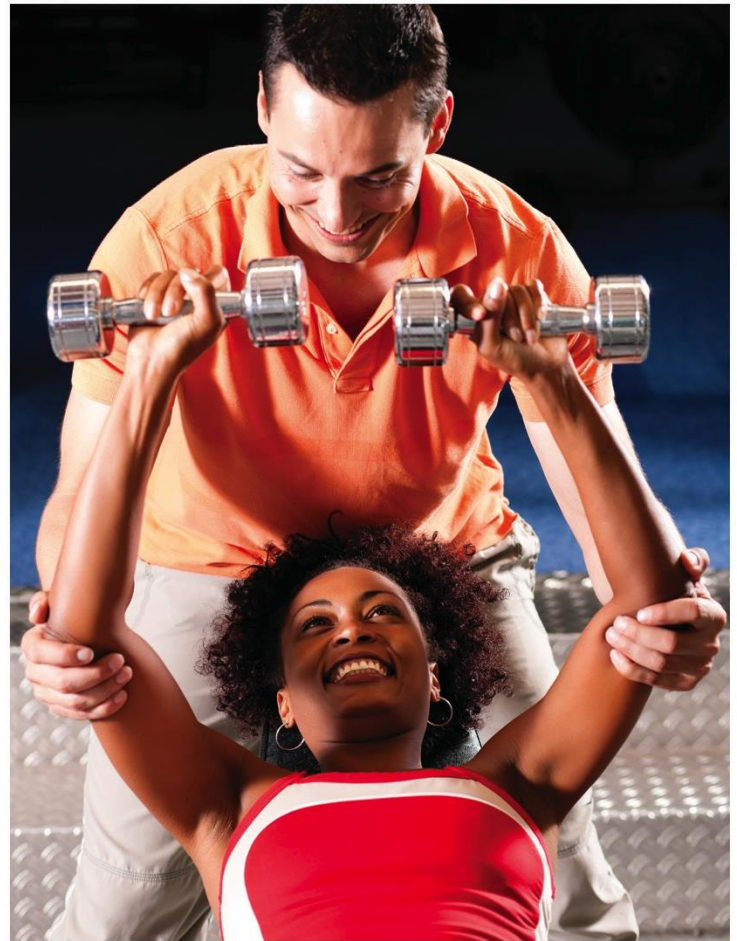




Personal Training Services



Marathon Energy Club

5555 San Felipe

Houston, TX 77056

P: 713-296-1825

F: 713-296-1827

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care regimen. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable. © 2015 Optum, Inc. All rights reserved.

MARATHON

ENERGY CLUB

We are pleased to offer personal training at The Marathon Energy Club.

Whether you're looking to lose weight, are recovering from an injury, or just want to improve your health, your personal trainer will design a customized fitness program tailored to your needs. Personal training packages may be purchased using personal check or credit card. Personal training gift certificates are also available.

Personal Training may help you:

- Burn fat and lose weight
- Increase your strength and power
- Strengthen your back and core
- Enhance athletic performance
- Achieve your health and fitness goals
- Recover from some injuries
- Get in shape
- Stay injury free

Whatever your reason for wanting a personal trainer, our knowledgeable, dedicated personal trainers will help you get where you want to go.

Rates

1-on-1 Personal Training: 55 Minutes

<u># of Sessions</u>	<u>Amt./Session</u>	<u>Price</u>
1	\$66	\$66
6	\$58	\$348
12	\$53	\$636
24	\$53	\$1,272

1-on-1 Express Training: 35 Minutes

<u># of Sessions</u>	<u>Amt./Session</u>	<u>Price</u>
1	\$46	\$46
6	\$38	\$228
12	\$35	\$420
24	\$35	\$840

Buddy Training: 55 Minutes

<u># of Sessions</u>	<u>Amt./Session</u>	<u>Price</u>
1	\$45	\$45
6	\$41	\$246
12	\$38	\$456
24	\$38	\$912

Buddy Training: 35 Minutes

<u># of Sessions</u>	<u>Amt./Session</u>	<u>Price</u>
1	\$34	\$35
6	\$30	\$180
12	\$28	\$336
24	\$28	\$672

Small Group Training: 45 Minutes

<u># of Sessions</u>	<u>Amt./Persons</u>	<u>Price/Person</u>
6	\$36	\$216
12	\$36	\$432

Source:

The American Council on Exercise. Top ten reasons to hire a personal trainer. Accessed 6/10/14 http://www.acefitness.org/updateable/update_display.aspx?pageID=575

American College of Sports Medicine. Selecting and effectively using a personal trainer. Accessed: 01/21/2010

Bureau of Labor Statistics. Fitness workers. Accessed: 01/21/2010

American Council on Exercise. Reap the rewards of personal training. Accessed: 06/11/2014 <http://www.acefitness.org/acefit/fitness-fact-article/93/reap-the-rewards-of-personal-training/>

