

## Personal Fitness & Nutrition Development Information

### ***What is Personal Training?***

Personal Training at the Upper St. Clair Community Recreation Center is based directly on each client's needs and goals. A personal trainer will lead a client through a fitness assessment to determine current fitness status. During this assessment, the trainer will also spend time going over both short term and long term goals with the client. Getting to know our clients and building a program based on their individual needs is our promise. There are many different options when personal training. Some types of training include, but are not limited to:

- Resistance Training
- Cardiovascular Training
- Aquatics
- Chronic Conditions
- Sports Specific Training
- Yoga/Pilates

### ***What is Nutrition Counseling?***

Nutrition counseling at the Upper St. Clair Community Recreation Center is completely client-focused. The dietitian will obtain information about the client's current nutrition status by assessing food and drink intake, medications, activity level, social behaviors and past diet attempts. Short and long-term goals will be discussed to ensure the client has the most effective counseling sessions.

### ***Benefits of Personal Training & Nutrition Consultation***

Personal training provides a number of benefits physically and psychologically:

- Improves self image and self esteem
- Develops or increases motivation
- Promotes weight loss
- Understanding how to make healthy dietary choices
- Increased speed, agility, coordination and flexibility
- Improved cardiovascular health and energy levels

### ***Payment***

All payments for sessions must be made in advance of training at the control desk located in the main lobby. The Upper St. Clair Community Recreation Center's personal training packages are transferable but non-refundable. Before committing, please be sure the services match your needs.

### ***Training Guidelines***

All sessions are 1 hour in duration; the trainer may choose to extend training time to 1 full hour. Prompt arrival to the training session is expected. If the client should arrive late this time will be deducted from the session. Clients are given up to 15 minutes before the session will be forfeited. After a client is over 15 minutes late, it will be left to the trainer's discretion whether to proceed with the appointment.

### ***Session Usage Information***

The value of any/all personal training sessions which remain unused in any given quarter due to trainee inactiveness will be placed on a C&RC gift card for any facility program or service, unless otherwise specified.

### ***Cancellations/Rescheduling***

All cancellations must be made 24 hrs in advance, with the exception of emergencies and/or illness, to the scheduled appointment or the session will be forfeited. To reschedule, the session must be made up within a week from the original date. If the trainer needs to cancel an appointment, the client will not be charged and the session will be rescheduled at the trainer's availability.

### ***Instructor Withdrawal***

The personal training instructor maintains the privilege and right to withdrawal as the assigned personal trainer at any time without prior notice. Should a trainee possess remaining sessions a refund will only be issued if a suitable replacement cannot be found in a timely manner.