

PERSONAL TRAINING

Introductory Pricing

30 MINUTE SESSIONS

\$25 per session
(\$40 value)

- ✓ INTEGRATED APPROACH & MEASURABLE GOALS
- ✓ PHYSICAL & COGNITIVE EXERCISES
- ✓ ACCOUNTABILITY & CONSISTENCY
- ✓ BALANCE TRAINING
- ✓ FUNCTIONAL TRAINING
- ✓ STRENGTH TRAINING

Book your session today!

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About Personal Training

✓ WHO IS PERSONAL TRAINING FOR?

Personal training is for residents of all fitness levels – from beginners to those with prior experience.

✓ DO I NEED TO BE FIT ALREADY?

Not at all. Sessions are designed to meet you where you are.

✓ HOW OFTEN SHOULD I TRAIN?

Most residents benefit from 1-2 sessions per week, depending on goals. Consistency is key!

✓ HOW DO IT GET STARTED?

Email us at: wellness@watermanvillage.com to set up your complimentary evaluation today!