



Since 1980
World Gym Wantagh

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Family Fitness Center

Tel: 516-826-5555

About Our Trainers

The World Gym Personal Training Team knows what is best for your body. Our trainers have national certifications, in house training, and experience. They have the knowledge to develop a program specifically to meet your needs, the personal dedication to develop a program specifically to your wants, and the passion to get you to do it. Our trainers are here for you!

You need a Personal Trainer.

1. If **you** find it difficult to work out on a regular basis. A Personal Trainer will help you get back on track by designing a workout for you with your goals in mind.
2. If **you** want to lose weight. A Personal Trainer will help you achieve your weight loss goals by prescribing a fat burning, muscle toning workout.

3. If **you've** hit a plateau in your workouts. A Personal Trainer can help you devise a workout regimen that will take you to a new level of fitness.
or If **you** just don't know how to reach your next fitness goal.



Personal Training Packages for Fitness, Yoga and Pilates



Fitness:

Monthly Payment Plans:

3 Month Training Program

30 min session	
4 sessions per month	\$140 mo./\$35
8 sessions per month	\$272 mo./\$34
8 sessions per month (Hr)	\$496 mo./\$62
12 sessions per month	\$408 mo./\$34
12 Sessions per month (Hr)	\$720 mo./\$60

6 Month Training Program

30 min session	
4 sessions per month	\$132 mo./\$33
8 sessions per month	\$256 mo./\$32
12 sessions per month	\$384 mo./\$32

All Fitness Training Programs Include:

- ⇒ Monthly Fitness Evaluations
- ⇒ Body Fat Analysis
- ⇒ Circumference Measurements
- ⇒ Monthly Goal Setting

RULES:

24 Hour advanced notice to trainer is required for Make-ups

Make-ups must be rescheduled within 30 days

Packages may be frozen with membership

Fitness:

Trainers

Private Training

1 30 min Session	\$45
5 30 min Sessions	\$190 / 38ea
10 30 min Sessions	\$360 / 36ea
20 30 min Sessions	\$680 / 34ea
10 30min Buddy (2 people)	\$300ea
10 45min Trio (3 people)	\$270ea

Pilates & Yoga:

Private Training

1 30 min Session	\$45
10 30min Sessions	\$380 / 38ea
1 55 min Session	\$80
6 55 min Sessions	\$415 / 69ea
10 55 min Sessions	\$670 / 67ea

Buddy: (2 people)

1 55 min Buddy	\$50ea
6 55 min Buddy	\$282ea
10 55min Buddy	\$450ea

Trio: (3 people)

1 55 min Trio	\$40ea
6 55 min Trio	\$228ea
10 55min Trio	\$360ea



Sessions are by appointment only. All sessions must be completed within specified parameters. All session contracts are payable at the Member Desk only, payment directly to trainers will not be credited.

We have a wide range of trainers available, representing many varied backgrounds and training techniques, each Nationally Certified by accredited organizations. For assistance in selecting a trainer or for additional information, please consult our



Small Group Training

- ✓ TRX® Suspension Training
- ✓ RIPP Fit™

Look for posted schedules, check with the Member desk for Details

Small Group Training Fees:

- 1 Class \$15 members
- 12 Classes \$150 members \$240 public
- 24 Classes \$240 members only
- 36 Classes \$325 members only



Peak Pilates Reformer Classes:

- Classes are 45 min. 6 people max.
- 1 Class \$30 Members \$35 public
- 8 Classes \$216 members \$280 public
- 15 Classes \$360 members only
- 25 Classes \$525 members only

