



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

