



Walker Ice and Fitness Center
4151 Remembrance Rd. NW
Walker, MI 49534
(616)735-6286

Fitness Team Professionals

Megan Streeter
Fitness Director

BS, Health Fitness Management
NSCA—CSCS Personal Trainer
AFAA Certified Instructor

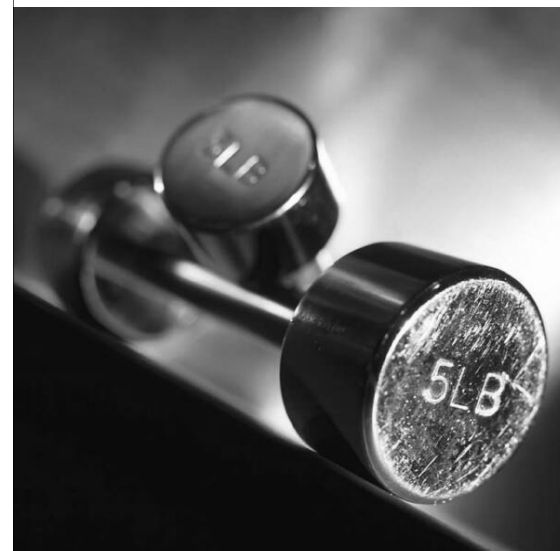
Eva Snedden
BS, Physical Therapy
ISSA Fitness Trainer
AFAA Certified Instructor

Paul Armock
Blue Heron Academy
Certified Personal Trainer

*"The secret of getting ahead is
getting started"*

-Mark Twain

Personal Training



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www.walkericeandfitness.com

Get Results at WIFC

Some benefits of Personal Training include:

Goal Setting– Your Personal Trainer will assist you in setting attainable goals within a desired timeline

Motivation– A Personal Trainer acts as a coach, an educator, and a role model who will inspire and encourage you to reach your goals.

Consistency– You'll stick to your exercise program when you have a regularly scheduled appointment

Safety– You'll learn how to perform exercises correctly.

Individualized Instruction– Your Personal Trainer recognizes that you are an individual with unique health concerns and lifestyle challenges. That is why we are dedicated to creating a training program designed to meet each individual's specific needs.

Feel & Look Your Best– When you feel good you look good and vice-versa. Training with a Certified Personal Trainer will help improve your health, strengthen your body and create balance and well being in your daily life.

Make the investment, your body will thank you.



Let Our Professional Staff Help You:

- Enhance your mind, body and spirit
- Improve your overall fitness level
- Reach a healthy weight
- Address your personal health and fitness concerns
- Learn proper techniques and form to reduce the risk of injury
- Get the most from your workout to fit your schedule
- Be your personal best

Getting Started:

Before you start exercising, you will receive a *free* 30-minute consultation with your selected trainer where you will:

1. Identify current health status
2. Determine short and long-term goals
3. Discuss how your trainer will guide and support you to help you reach your goals

We Will Take You Through the Steps to:

- ✓ Decrease body fat
- ✓ Improve flexibility
- ✓ Increase energy
- ✓ Increase strength

Personal Training Rates

WIFC Member

Number of sessions	Cost
One hour session	\$34
Package of 6 sessions	\$192
Package of 12 sessions	\$360
Package of 18 sessions	\$504

Non-Member

Number of sessions	Cost
One hour session	\$40
Package of 6 sessions	\$228
Package of 12 sessions	\$432
Package of 18 sessions	\$612

Turbo Training

Get fit in half the time! Get a private, 30 minute *express* session designed for your body and goals. Up to 5 exercises, intense training and fun!
\$20/session or 3 sessions for \$50

Partner Training

Bring along a friend and train with a Personal Trainer together.

Number of sessions	Cost
One hour session	\$25/person
Package of 6 sessions	\$138/person
Package of 12 sessions	\$252/person
Package of 18 sessions	\$342/person