

# FITNESS TRAINING PROGRAM

at the Mabee Aerobic Center



## THE FITNESS TRAINERS AT THE MAC ARE HERE TO HELP YOU ACHIEVE YOUR FITNESS GOALS!

The goal of the MAC is to help our members make positive health and fitness decisions. Beginning a new fitness routine can be overwhelming, but our trainers are here to help! Our Fitness Training Program is designed around your individual needs and will help you get a jump start in your journey to better health and fitness.

**FITNESS ORIENTATION:** One of our trainers will lead you through an overview of the MAC's cardiovascular and strength training equipment, which will help you learn more about each machine and its specific benefits, you will learn how to use each machine safely and efficiently, allowing you to feel more confident. The orientation also includes a full tour of the MAC, where you will learn about all of the services and amenities available to you.

**FITNESS ASSESSMENT:** Your personal fitness trainer will do a full assessment of your cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. The assessment also includes measuring your height, weight, resting heart rate and blood pressure.

**FITNESS TRAINING:** After a consultation that includes discussing your fitness goals, limitations and availability, your personal trainer will create a personalized workout plan to fit your needs. Your trainer will assist you with your workouts, making sure you are working towards meeting your goals. They will also provide a workout log so you can track daily activity, note any challenges you may have and, most importantly, track your ongoing improvement.

**Fitness Orientation:** Free

**Fitness Assessment:** \$25.00  
*Free when you purchase "The Whole Package"*

**Fitness Training:** \$25.00  
*Price per individual session*

### Training Packages

Three Training Sessions - \$70.00

Five Training Sessions - \$110.00

Ten Training Sessions - \$210.00

**The Whole Package:** \$90.00

*Includes fitness assessment, 3 training sessions, fitness orientation with personal ACSM workout plan and workout log*

**Workout Partner:** 20% Discount

*Discount is per person, per session (up to 5 people) and cannot be used with "The Whole Package"*



**START YOUR FITNESS JOURNEY TODAY!**

Stop by the front desk or contact us at (405) 878-5290  
to set up your appointment with a trainer today!



ST. GREGORY'S  
UNIVERSITY