

Personal Training Services

Quick Start Package

Begin your journey with two 30-minute personal training sessions and two 30-minute nutrition consultations designed as an introduction to personal training and nutrition services. Your individualized workouts will be based on a foundation of proper movement patterns, core stabilization, and compound joint movements.

Cost: \$99

*Valid for one-time purchasing. Sessions expire after 30 days

Move Well Packages

Would you like to move better? This package of three, one-hour sessions includes an evaluation of your movement patterns, corrective exercises, and one full workout. Appointments are as follows:

Session 1: Functional Movement Screen and corrective exercises

Session 2: Review corrective exercises, introduction to core exercises and programming

Session 3: Taken through full workout

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THE JOHN M. & SILVIA FERRETTI
MEDICAL FITNESS & WELLNESS CENTER

LECOMWELLNESS.com

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814.868.7800 814.868.7804 Fax

Health & Wellness Packages

Stay committed to your exercise program with a fitness specialist's guidance. Programs are designed to help you achieve your goals in a progressive manner.

*Sessions expire after 90 days

30-Minute Sessions

	Member	Non-Member
1 Session	\$35	\$40
5 Sessions	\$150	\$175
10 Sessions	\$280	\$330

Hour Sessions

	Member	Non-Member
1 Session	\$50	\$55
5 Sessions	\$225	\$250
10 Sessions	\$400	\$450

If you are interested in purchasing Personal Training, please stop by the Members Services Desk or call us at 814-868-7800.

Appointment Cancellation Policy: A 24-hour notice of cancellation is requested. After one violation, a full session will be deducted from the remaining appointments. The policy will not renew with the purchase of additional sessions.

Non-members are required to complete a Health History Questionnaire (and obtain a Healthcare Provider Form, if necessary, based on risk factors) prior to participation in personal training services.