



PWC PARK AUTHORITY FITNESS SERVICES

Sharron Baucom Dale City Recreation Center

Effective Sep 2011

* Customized fitness plans designed by a nationally certified trainer who will give you the individualized attention, motivation and guidance you need to succeed. * Age restrictions vary on youth programs. See program description for details.		Age 16 & Up	Age 9-15 See Policies Below
New Passholder Orientation	All new 6/12 month passholders are encouraged to attend a small group session and/or make an individual appointment for an orientation to the Fitness Wing to include: <ul style="list-style-type: none"> ◆ Basic guidelines for a safe/effective workout. ◆ Intro to safe/correct use of Epic Free Motion & Cardio equipment ◆ Fitness Workout Card provided 	Free to 6/12 month passholders	See Teen Orientation Packages
*Fitness Profile (90 minute)	A physical assessment to evaluate your strength, flexibility and cardiovascular condition. Body composition and nutritional assessment also included.	\$95	N/A
Body Composition & measurements	Two body measurements and body fat analysis (one @ beginning and one 8 weeks later). One workout card to track your workout days and weekly body weight.	\$30	N/A
*Getting Started Basic Package	Your goals and health history are established and a workout program is created. Practical application of exercises with easy to follow workout card makes this a must for beginners. Also includes blood pressure and resting heart rate. <ul style="list-style-type: none"> ◆ Includes fitness profile, program design, & 3 one hour training sessions for program progression. 	\$200	N/A
*Personal Training	1 60 minute session 1 30 minute session (NEW)	\$60 \$35	\$54 N/A
*Personal Training Multi-Session All packages Includes Fitness Profile	<ul style="list-style-type: none"> ◆ "Healthy Start" 6 – 1 hour sessions ◆ "Get Serious" 10 –1 hour sessions ◆ "Super Training Package" * 20 – 1 hour sessions ◆ 10 -30 min sessions ◆ 20 -30 min sessions (NEW) *installment payment available for 20 sessions packages	\$289 \$408 \$750 \$300 \$500	\$265 \$385 \$680 N/A N/A
*Buddy Training	Includes 6/10/20 hours of personal training with health screening, nutrition assessment, program design, and follow-up training. Learn partner training techniques & partners must train simultaneously. Rates are per person.	6-\$205/pers 10-\$288/pers 20-\$533/pers	6-\$185/pers 10-\$270/pers 20-\$475/pers
*Specialty training Pilates Apparatus, Post-rehabilitation, Triathlon Coaching	<ul style="list-style-type: none"> ◆ 30 Minutes (NEW) ◆ 1 Session ◆ 6 Sessions ◆ 10 Sessions 	\$60 \$75 \$325 \$500	N/A
Teen Orientation (Ages 14 & 15)*	Safe and effective orientation to cardiovascular, flexibility and strength training. 14 & 15 year olds are allowed use of Cardio and Weight areas. <i>Note: Orientation is free for 6 & 12 month passholders.</i>		\$35each or 2 For \$ 50
Teen Orientation (Ages 12 - 13)*	Safe and effective orientation to cardiovascular and flexibility training. 12 & 13 year olds are allowed use of Cardio areas only. <i>Note: Orientation is free for 6 & 12 month passholders.</i>		\$30 each or 2 For \$40

Policies: Mandatory training for ages 12-15 before admittance into the Fitness Wing

- Ages 11 and younger are not allowed in the Fitness Wing unless participating in a staff supervised program.
- Appointments are made in person at the SBDCRC Fitness Department.