

PAFC - Fitness Room Training

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 25% discount on training services.

What is a Personal Trainer?

Let's start with the basics: A PT can be a coach and cheerleader, standing by to correct your form, and help you believe you can do just a little bit more than you think you can. A PT can be a paid exercise partner—someone who exercises alongside you. This could involve workout programs you design yourself or those that the trainer designs for you. A PT can also be someone who designs programs for you to complete on your own.

Aletha Lassiter is PAFC Fitness Trainer. She is a graduate of Lewis-Clark State College, with a B.S. Kinesiology, where she specialized in personal training, health promotion, and sports science. In addition to her degree, she carries a peri-natal fitness certification through the Aviva Institute and doula training with DONA. At her local studio, Yogatopia (Gladish Community Center), she teaches Zumba®, YogaFit®, and Bellydance. (See pages 26) Her goal as a trainer is to help families and individuals develop a fun and active lifestyle. Her personalized training programs will help individuals identify wellness goals for permanent long-term health.

Trainer hours are personalized with your schedule in mind. Please schedule by appointment through www.schedulicity.com or call 208-310-1279 or e-mail alethalassiter@yahoo.com.

Customized All Inclusive Value Package

Combine any training services into a customized package and receive a package discount of 20% off the regular price.

Fitness Consultation

A goal setting meeting. The trainer and client talk about the client's current and past habits, current goals for exercise, time availability, preferences, etc. The trainer will give the client one or two ideas to get them started, such as a leg exercise that can be done at home, or a way to change up their cardio exercise routine. When the consultation is performed prior to training sessions or the creation of an exercise plan, it is used for information gathering and will be guide the services to be performed in the future. *Clients do not need to dress for exercise.

..... 30 minutes \$25*

*free with purchase or renewal of annual PAFC membership

Fitness Room Orientation

Meet with the trainer to learn how to use the cardio equipment and Tuff Stuff Circuit. Our trainer can answer your questions and help you set realistic fitness goals. *Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

..... 60 minutes..... \$50

Fitness Assessment

A battery of fitness tests including: tests for cardiovascular endurance, muscular endurance, flexibility, and several easy to measure data points that provide general information about overall health. This assessment is strongly recommended to find your fitness level benchmark. As an exercise habit is developed the fitness assessment can be used regularly to keep track of improvements made and guide exercise programming. *Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

..... 60 minutes..... \$50

Yoga Therapy Assessment

This includes a range of tests to evaluate posture and assess imbalances in the body for strength, flexibility, and range of motion. The trainer then assists in balancing posture, gait, and muscle weaknesses through Yoga poses. The knowledge of a

therapy assessment also aids in choosing appropriate exercises for an individual's written program or one on one session.

*Clients need to dress in comfortable and breathable clothes.

..... 60 minutes..... \$50

Written Personalized Training Program

The client will receive a written customized program, tailored to their goals and needs. The program includes a personalized letter, basic information about exercise, and written descriptions of all exercises. Also included, if needed, are log sheets to track progress and weight progressions.

Individual program \$50

Personal Training Session

Just what it sounds like! An hour with the trainer, doing whatever the client prefers.

..... 60 minutes..... \$50

One-on-one with the Trainer:

All training sessions must be used within 6 months from purchase

1 session \$50/hr

2-5 sessions (10% discount) \$90-\$225

6-10 sessions (15% discount) \$255-\$425

11-15 sessions (20% discount) \$440-\$600

16-19 sessions (25% discount) \$600-\$713

20 sessions (30% discount) \$700

25 sessions (35% discount) \$813

30 session (40% discount)..... \$900

Family & Friends Training Packages

Do you and your exercise partners have similar goals? Get the benefit of personalized fitness training, while sharing the cost! Customize a training package, including cost with the PAFC Fitness Trainer. For each additional person in a group training package there is an additional 25% added to the overall charge as stated above.

Youth Weight Training:

Youth (15-17 yrs) do you need a program for strengthening, flexibility, or a specific sport? The trainer will design a plan for the youth under the "Customized All Inclusive Value Package". (Youth 14 and under are not permitted in the fitness room.)