

Personal & Small Group Training with Harris Optimum Fitness

**YOUR GOALS,
YOUR SCHEDULE,
YOUR BEST YEAR EVER.**

There are numerous benefits from working with a personal trainer. A trainer can help you to pinpoint the specific goals that are important to you, and help develop a personalized fitness program at your level. It can help maintain your motivation and guide you as your fitness level increases. With Harris Optimum Fitness, it can even be convenient to your busy schedule. Sessions are available one-on-one with a trainer, or with small groups.

Personal Training Involves:

Fitness evaluation: A series of tests including cardiovascular, flexibility, muscle strength and local muscular endurance - your trainer will ask about your health conditions, medications and exercise experience.

Personalized exercise program: There is no one-size-fits-all approach. Your program will be created to meet your personal fitness goals. **Supervised exercise:** You are given one-on-one attention to make sure you are using proper form and technique and that you get the most from your workout without being injured. The benefits of your program are explained and taught thoroughly. The trainer will also help to evaluate your diet and make changes to accomplish your goals.

Programs and Pricing:

1-on-1 Training: 5 Week program, 2 times a week for 45 Minutes, for only \$350

Small Group Training: 2 Participants, \$200/person

3 Participants, \$150/person

4 Participants, \$125/person

5 Participants, \$110/person

Group Fitness Class: To create your own group fitness class, there is a minimum of 10 people, \$60 each. Class can be any program offered by HOF.



Take the first step to a healthier lifestyle today by calling:

HARRIS OPTIMUM FITNESS

www.FitWithHOF.com

Trainer Quan Harris: QharrisHOF@yahoo.com, or call 678-481-1875