

Personal Training

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Training for a lifetime of wellness

Private and Semi-Private training

Personal Training is specialized coaching provided to members and non-members with time-efficient, safe, and highly effective fitness workouts. Our highly degreed and nationally certified staff is ready to empower, educate, and help you meet your goals.

A personal trainer can help you stay motivated, fight exercise boredom, monitor your progress, keep you focused, and help you get stronger & feel better. Whether your goal is to get in shape for a special event, recover from an injury, or improve your strength, a trainer at The OC can put together a plan that will help you reach it.

Pricing

	1/2 Hour	1 Hour
1 Session	\$35	\$45
10 Sessions	\$300	\$400

In addition to traditional personal training, we also offer one on one MELT Method (fascial treatment), Pilates, athletic conditioning, and yoga sessions.

Semi-Private

	1 Hour Ten, 1Hr Sessions	
2 people	\$60	\$580 (\$290 per person)
3 people	\$75	\$675 (\$225 per person)
4 people	\$80	\$700 (\$175 per person)

OC Stars Sports Performance Training for high school athletes and younger

Whatever the sport may be, our trainers will design a program specifically to increase your athlete's strength, speed, stamina, agility, and overall performance. Basketball, volleyball, soccer, BMX racing, and track are just some of the sports our athletic trainers specialize in.

Note: These are not private lessons for teaching that particular sport, rather it is training to increase athletic performance.

1st time "try it out" session: \$20 for one hour

	1/2 Hour	1 Hour
1 Session	\$30	\$40
10 Sessions	\$250	\$350

Other Services Offered

Full Fitness Assessment \$50: Includes body fat test, measurements, BMI, and a health assessment which includes a sit up test, step test, push-up test, etc.

Body Fat Test \$25: We will measure the percentage of your body that is not composed of water, muscle, bone, and vital organs, using body fat testing calipers.

Private Orientation \$20 for 1 person or \$25 for 2 people: All members receive a free GROUP orientation (sign up at the front desk). If the group times do not work for you, you may sign up for a private orientation with a trainer. Orientations will familiarize you with our equipment and how to use them safely and effectively.

Call The OC at 581-7002 x2024 to request a personal trainer today!