

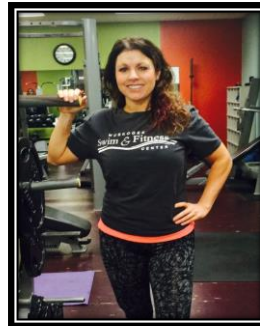
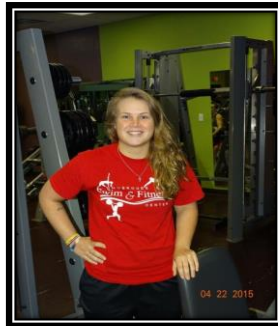
MUSKOGEE
Swim & Fitness
 CENTER



Personal Training

Fitness Programs
 & Training Services

Contact: 918-684-6304



Equipment Orientations

FREE

The fitness center is staffed with certified trainers who can assist you on any of the cardio or weight training equipment.

Fitness Evaluation

\$25.00

A physical assessment of your current cardiovascular level, muscle strength, flexibility, and body composition. This is a great tool for measuring your current fitness level, and creating an exercise program to help you reach your short and long term fitness goals.

Program Set-up

\$25.00

This one on one session is available to design a workout to meet your fitness goals and introduce you to equipment used in your program. You will receive instruction on proper technique and body mechanics and a customized log to record your progress.

Swim & Fitness Certified Personal Trainers:

Kent Kamp
Megan Filanda
Karla Gibson

Clinton Thomas
Kelsey Lamb
Cindy Wayman

Personal Training Sessions

Training sessions are purchased at the Swim & Fitness Center front desk. You must be a current Swim & Fitness Center member to purchase training sessions. Members and trainers should correspond regarding available dates and training times. Training sessions purchased are reserved on your membership account and will be deducted the day of your training.

All Swim & Fitness Center personal trainers also teach a variety of group classes. This is a great way to meet the trainers! See back for Personal Trainer bios.

Personal Training Fees:

\$20	30 Minute Training Session
\$30	60 Minute Training Session
\$108	30 Minute Sessions - 6 Pack
\$162	60 Minute Sessions - 6 Pack

For questions, please contact our full-time fitness staff at 918-684-6304:

Clinton Thomas, Fitness Coordinator
Kent Kamp, Fitness Coordinator