

YOU MIGHT NEED A TRAINER IF:

You have trouble showing up two to three times a week to exercise.

You lose motivation to stick to a workout plan.

You are unsure what exercises and equipment will help you reach your goal quickly.

You feel burnt out, sick of your routine, or feel as though you are simply going through the motions.

You have reached a plateau in your health and fitness progression.

If you answered yes to even one of these questions, you need a trainer!

BENEFITS *of* WORKING WITH A PERSONAL TRAINER:

STRUCTURE - Meeting your Personal Trainer for appointments will ensure you get regular exercise. Consistency is key!

RESULTS - Personal Trainers are educated and dedicated to ensure you get results, so they will help you make the most of your time in the club.

VARIETY – Variety is the spice of life! Your Fitness Professional will keep your training interesting with different exercises and techniques to help keep you on track.

MOTIVATION - Progress means results, and results mean motivation. We always strive for that next level of fitness!

PROGRESSION - As your fitness improves (and it will) your Personal Trainer will always modify your exercise to ensure maximum enjoyment and maximum results!

PARTNERSHIP – Your Personal Trainer is your close ally whose only goal is to help you achieve your goals!



435.753.7500
sportsacademy.com

A male personal trainer in a dark blue polo shirt is assisting a female client in a white athletic top. He is holding a silver dumbbell in her right hand, which is raised above her head. He is also holding her left arm, providing support and guidance. The background is a blurred gym setting.

Fitness Academy

CLUB FIT CLASSES – *No Excuses, Just Results!*

No matter what your fitness level, these 30 minute series of classes will give you an unbelievable workout. Club Fit classes will help you reach your health and fitness goals and keep you motivated. Come to as many classes as you want, mix and match to keep your workouts different, and experience the latest in workout technology and programming!

SARC Member: \$30 per month

Non- Member: \$85 per month

2nd person: \$20 per month

2nd person: \$45 per month

TRX Suspension Training - Build total body strength, balance, flexibility and core stability for all fitness levels. TRX is a complete total-body training tool and the cutting-edge training program that will take you to the next level.

Boot Camp – This class is a shortened version of our 60 minute Boot Camp focusing on calisthenics, plyometrics, endurance, and core training. Another workout that will keep you motivated.

MC² - Get ready to experience the most dynamic training program around. This 30 minute class incorporates incline training, vibration training, and dynamic weight movements that will have you burning calories like never before. Get ready to enjoy exercise!

dotFIT MEMBERSHIPS - *Why Dot Fit? Results!*

Daily Caloric Maintenance

Calorie King food database of over 50,000 foods and easy-to-use search tool

Unlimited cardio and weight training plans

Customized dietary supplement recommendations

Continuous feedback to reach your goals

Body-monitoring devices available to track calories burned, steps and activity

Extensive community platform – message boards, videos, and web chats

Access to extensive library of weight loss, fitness, nutrition, performance, senior, youth and women's health topics

20% off dotFIT product orders

Monthly Subscription \$9.95

Quarterly Subscription \$27.95

Yearly Subscription \$99.95



SMALL GROUP TRAINING

Small Group Training classes are 30-60 minute classes designed for more individual attention and assessment of results. Get motivated, have fun, and get in shape with our small group training classes! We create a high intensity atmosphere and you create a new body!

BOOT CAMP –Workouts involve cardiovascular training, calisthenics, plyometrics, endurance, core, and strength training for an amazing whole body workout. The difference lies in the intensity! Your challenge is to take your body to new limits.

MIXED MARTIAL ARTS CONDITIONING – A circuit style class that uses exercises and drills that professional MMA athletes use when training for competition. You will enhance your cardiovascular output and muscular endurance and decrease your body fat while adding lean muscle.

TRX Suspension Training – This class will change how you think, look, and feel about exercise. Get ready to train like Navy Seals using a strap system and your own body weight to create a workout that is unlike anything you have ever experienced.

MC² - Designed to give you an intense calorie burn, without the muscle soreness. Experience vibration training and incline training with individual attention. MC² will give you a renewed motivation and excitement for working out!

INDIVIDUAL TRAINING

The fastest way to reach your fitness goals! Workouts are tailored specifically for you! Your Certified Trainer will ensure your workouts are safe, effective, and enjoyable. All of our trainers have earned a four-year degree in an exercise-related field and/or are certified through a nationally recognized certifying body. Our trainers will guide your food intake, cardiovascular conditioning, strength training, core training, postural corrective training, flexibility, injury rehabilitation, sport specific training, pain prevention, and more!

LEVEL 1 – Trainers are newly certified and are eager to share their knowledge and skills with you!
½ session: \$20.00 1 session: \$40.00

LEVEL 2 – Trainers have at least 1 year of experience and possess all the skills necessary to help you achieve amazing results. They continually develop their skills through additional classes, seminars, and specialized training.
½ session: \$22.50 1 session: \$45.00

MASTER TRAINER – Trainer has more than 2 years experience with at least one specialization or graduate level degree. They have a proven track record and will provide you with all the tools you need to succeed! You won't be disappointed!
Starting at ½ session: \$22.50 1 session: \$45.00

*Couple Pricing Available. Discounts are available when purchasing 16 or more sessions. See Trainer for details.