



Sentara Comprehensive Weight Loss Solutions

# Personal training

Sentara is proud to offer custom fitness programs to support your health, fitness and weight loss goals.

We aim to provide each client with a top-notch experience to enhance life through exercise.

### Why Personal Training?

#### #1 Time efficiency

Having a private gym allows you to spend your time more efficiently, not to mention avoiding the hustle and bustle at the gym during prime hour.

#### #2 Privacy

The environment at the gym can be intimidating for many people, especially for those who are new to fitness, have physical limitations or are uncomfortable in their own skin.

#### #3 Undivided attention

Working one-on-one with a trainer means you get their undivided attention, free of distractions and interruptions, which are common in a gym environment. Receiving your trainer's sole attention means greater communication, which can lead to better cueing, form and overall direction.

Whether you're an avid exerciser, haven't worked out in years or never worked out before, take the first step today and schedule your complimentary consultation.

### Personal training pricing

Focus on conditioning, strength training, and mobility with 60-minute one-on-one sessions

Single	\$50	Great value
Kick start (3) *First time only*	\$99	Save 33%
Gold (6)	\$180	Save 40%
Platinum (12)	\$300	Save 50%

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