

Personal Training



Personal trainers can help you achieve results for your health, wellness, and fitness goals through individualized or group training programs. Our trainers are certified in personal training and/or have a degree in health & sciences. We offer expertise in specialized fields and will customize a progressive program for your training sessions.

Specialty training in areas of movement screenings, postural distortion, muscular imbalances and corrective exercise are also available.

Group Sessions

Small or large group sessions provide more personalization but still in a group environment, and allow you to train with other members, family, or friends all working towards similar goals.

If you don't have a group, we will attempt to group you with others pursuing similar goals.

Athletic Team Training

Training is available for sport specific skills such as speed, agility, strength, and power. Teams are set with a trainer with specific expertise. Fee is subject to programming.

**A minimum number of participants is required for each session or may be subject to cancellation.*

InBody

InBody devices use a method called Bio-electrical Impedance Analysis (BIA) to measure body composition, which divides your weight into different components such as lean body mass and fat mass to assess health and nutrition. By analyzing your body composition, you can understand why you weigh what you weigh, track your results and build a healthier body.



Hours

MONDAY - FRIDAY: 5:00am - 10:00pm

SATURDAY: 8:00am - 8:00pm • SUNDAY: 9:00am - 6:00pm

Fees

Individual Hourly Sessions/Packages

	Member	Non-Member
1 Hour	\$60	\$65
4 Hours*	\$228	\$248
8 Hours*	\$440	\$480
12 Hours*	\$600	\$660

Individual 30-Minute Sessions/Packages

	Member	Non-Member
30 min.	\$35	\$40
8 (30 min.)*	\$240	\$260
16 (30 min.)*	\$464	\$504
24(30min.)	\$636	\$696

Small Group Training - 2-3 people

	Member	Non-Member
1 Hour	\$30/person	\$35/person
4 Hours	\$120/person	\$140/person
8 Hours	\$240/person	\$280/person

Large Group Training - 4-8 people

	Member	Non-Member
1 Hour	\$25/person	\$30/person
8 Hours	\$200/person	\$240/person

All packages, individual or group, are good for six months after purchase.

Appointments cancelled or rescheduled with less than 24 hours notice may be subject to a cancellation fee.

Inquire at the Strength Room desk or call (703) 993-8532

Interest forms can also be found online at freedom-center.com/fitness/personal-training-information-sheet/