

Jan Denman Fitness Training - Price Sheet

Personal Training

Your customized personal training program includes:

- Fitness Testing and Assessment
- Strength Training and Cardiovascular Conditioning
- Core Conditioning
- Balance and Flexibility Training
- Nutritional Guidance
- Functional Training

Individual: In-Home/Outside Training - 60 minutes

This training is completely tailored to your needs. We will work together to find an exercise program that is interesting and fun, and challenging enough to show results.

We can work out in your home, where you can enjoy privacy and the ultimate in convenience (no struggle to get to the gym!).

Or I can build a workout plan that takes place outdoors - creatively using available features in the neighborhood such as green areas, steps, benches and fences!

Single Session: \$75
***25+ miles \$100**

Workout Design Package: Do you plan on working out on your own but need a routine to follow? A workout program will be designed based on your own allotted workout time, goals, equipment available, frequency, health history, and space to work with. These sessions will teach you how to perform all of your exercises with correct form and you will be given a written progression to follow for the next 4-6 weeks. It is recommended to change up your routine after that time to continue to make progress towards your goals.

Two - 1 hour sessions: \$125

Packages available:

5- One hour sessions: \$345

10 - One hour sessions: \$650

Contact Jan for pricing for 25+ mile packages.

Group Classes - Call for pricing – varies depending on group size and location

Gather up your friends and family for a workout together. It's more fun, you'll motivate each other, and you can share the costs of your sessions. Group goals will be discussed and the workouts will be tailored to meet them. Group classes can last anywhere from 30-60 minutes. Call for pricing depending

on number of participants and time frame.

Group classes can include:

- Beginning Exercisers
- Pre/Post Natal Conditioning
- Ski Conditioning
- Functional Fitness
- Sport Specific Training
- YOUTH Training/Injury Prevention (soccer, football, baseball, etc)
- Outdoor/Trail workouts
- Much more.....

All packages must be pre-paid in full.

***25+ miles from Maple Valley.**

Fitness Testing

Body Composition Testing: \$50

The most direct, simple, and accurate method for estimating leanness-fatness is measuring the thickness of skinfolds by constant-tension calipers. By using Lange Skinfold Calipers, you will be measured in four areas of your body. Results will be determined based on the YMCA protocols based on your gender and age. From this data, we can determine what your body fat percentage currently is and set up a plan to decrease or increase it based on your goals and health history.