



## TRAINING

### PERSONAL TRAINING

Our team of professional Personal Trainers uses a wide range of specialties designed to help you achieve your fitness, health and overall wellness goals. From athletic conditioning and classic weight training, through kettlebell and functional training work, our Personal Trainers keep your body guessing, help you avoid plateaus, and maintain interest and excitement. Our Personal Trainers maintain professional certifications and accreditations and participate regularly in advanced programming education.

### PILATES

Pilates Training improves posture, balance and core strength. When combined with Personal Training, Pilates drastically improves athletic conditioning by decreasing recovery time between workouts.

### SMALL GROUP TRAINING

Lead by Elite Personal Trainers, these class style training sessions are limited to 10 participants. On its own, or combined with Personal Training, Small Group Training is a cost effective, fun way to increase workout effectiveness and frequency.

### EXCLUSIVE AMENITIES

- Expert Personal Training
- Elite Small Group Training
- Fitness Concierge
- Racquetball Courts
- Les Mills Group Exercise Programs
- Extensive Class Schedule
- Tanning Services
- Natural Cafe / Juice Bar
- 25 Yard Salt Water Lap Pool
- Whirlpool
- Swimming Lessons
- Steam Rooms / Saunas
- Child Care
- Nutritional Counseling
- Executive Locker Rooms with Laundry Service

[www.newmilfordsportsclub.com](http://www.newmilfordsportsclub.com)

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# NEW MILFORD SPORTS CLUB

## TRAINING

### INTEGRATED TRAINING

New Milford Sports Club offers packages ranging in size from 6 to 50 sessions which can be used for both Personal Training and Pilates. This affords members flexibility in designing a fitness program to consistently challenge the body and maintain interest.

### PRIVATE TRAINING

	SINGLE	DUET	TRIO
<b>INTRODUCTORY ONE MONTH 6 PACK</b>	<b>\$60</b>	<b>\$50</b>	<b>\$40</b>
<b>10 SESSIONS</b>	<b>\$65</b>	<b>\$55</b>	<b>\$45</b>
<b>25 SESSIONS</b>	<b>\$60</b>	<b>\$50</b>	<b>\$40</b>
<b>50 SESSIONS</b>	<b>\$55</b>	<b>\$45</b>	<b>\$35</b>

### SMALL GROUP TRAINING

<b>SINGLE SESSION</b>	<b>\$20</b>
<b>10 SESSIONS</b>	<b>\$15</b>

### HYBRID PACKAGES

Combine Private Training and Small Group Training - See a Membership Advisor for details

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