

COMMON QUESTIONS

Are the Trainers Certified and Insured?

Yes, Our Personal Trainers carry nothing less than a nationally recognized certificate for personal training. Some trainers are certified in additional exercise techniques, such as Pilates and Yoga; however, a match will be made based on your individual needs. In addition, all trainers are certified in adult CPR and have professional liability insurance.

Do I need to buy exercise equipment?

No, our Personal Trainers travel with all the necessary exercise equipment needed to perform the exercise routines of your choice. If you already own exercise equipment, you and the trainer may decide to utilize that equipment as well.

Can I have other people join my session?

Yes, family and friends are encouraged to participate; however, the more people the trainer supervises during each session the less one-on-one time they have to work with individual goals.

When are trainers available?

Our Personal Trainers will work around your schedule. Morning, afternoon evening, at work, or at home. When is it convenient for you?

When you hire Fitness On Demand you GET IT ALL!

We have a number of fitness professionals ready to serve you. Choose one or choose them all. Pay one low package price and enjoy the benefits of having multiple fitness professionals at your finger tips. We are just a phone call away.

DIET & NUTRITION

NUTRITION ON DEMAND

This state-of-the-art on-line meal planning program will guide you step by step to eating healthier. Customizable features allow you to detail your likes and dislikes. The daily diet report card will help you make better food choices. The program tracks your calories, proteins, fats, carbohydrates and important vitamins and minerals. It's as easy as point, click and print your grocery shopping list. Call today for your FREE 7 day trial.

Fitness on Demand LLC

ON SITE PERSONAL TRAINING & GROUP CLASSES

715-571-7788

www.FreeFitTips.com

SERVICES AVAILABLE

- BACK/CORE STRENGTHENING
- BALLROOM DANCING LESSONS
- CARDIOVASCULAR TRAINING
- DIET/NUTRITIONAL GUIDANCE
- FAMILY FITNESS
- GROCERY SHOPPING CONSULT
- GROUP FITNESS CLASSES
- HOME GYM DESIGN CONSULT
- MASSAGE THERAPY
- PRENATAL/POSTPARTUM FITNESS
- PILATES
- SENIOR FITNESS
- SPORTS CONDITIONING
- STRENGTH TRAINING
- STRETCHING
- WEIGHT LOSS PROGRAM DESIGN
- YOGA

CORPORATE WELLNESS

CORPORATE SERVICES:

Both exercise and education classes are flexible and can be scheduled before or after work and during break times.

- * On-Site BMI Testing
- * 30-minute Lunch-N-Fit Program
- * Fitness Education. & Weight Loss Program
- * Guest Speaker, Health & Fitness related topics

SERVICE RATES

CONSULTATION: *FREE*
Consult with a certified fitness professional to evaluate your personal goals and expectations. Discuss training programs and what's right for you.

All rates are based on up to a 55-minute session.

INDIVIDUAL TRAINING SESSION:
Please reference rate chart for details.
Focus on designing a personalized workout and nutrition program. Workouts are customized and revolve around your specific fitness goals.

GROUP FITNESS CLASSES:
Please reference rate chart for details.
Group orientated format will allow participants of all fitness level to participate. Modifications will be reviewed to accommodate individual needs.

NUTRITION ON DEMAND:

Term	Client Pricing	Retail Pricing
1 Month	\$10.00	\$20.00
3 Months	\$30.00	\$45.00
6 Months	\$60.00	\$90.00
Account Activation	N/A	\$25.00
Training (optional)	1 Session	\$25.00

CORPORATE PROGRAMS:
Proposal prepared based on services requested and number of participants.
NOTE: Possible health Ins. Premium discounts could apply. Check with your Insurance agent.

MASSAGE THERAPY:

Service	Session Rate
1 Hour Session	(2 Sessions)
2 Hours back to back	(3 Sessions)
Chair Massages (1 hr)	(2 Sessions)

ASSISTED LIVING & NURSING HOME PROGRAMS:
Please reference rate chart for details.
Senior Fitness class or one-on-one training options:
* Muscle Strengthening * Cardio * Yoga