

Two great reasons  
to have a Personal Trainer:  
**Education and  
Motivation**

Education and motivation  
are two good reasons to  
hire a personal trainer.



Your trainer can provide a  
wealth of information about  
how to safely get results from  
your workout. Whether you  
have specific sports related  
goals, are wanting to lose  
weight, gain strength or flexibil-  
ity, improve your health and ap-  
pearance, or you just feel like  
you need to get into shape, a  
personal trainer can teach you  
how to reach those goals and  
help motivate you to succeed.

### **Hours of Operation**

Mon-Fri 5.00am—8.00pm  
Sat and Sun 8.00am—4.00pm

### **Personal Training (PT) Rates and Packages**

All Pirate Wellness Center members receive a complimentary 30 minute assessment and orientation when they join.

#### **Advanced Orientation \$120**

This offer is for any new PWC member who would like two, 1 hour sessions of advanced orientation prior to initiating their exercise program. This program allows a new member to learn about every piece of equipment we have, how it works, how to set up seat positions and initial weights. Have a friend join you — \$180 for both of you.

#### **STANDARD PT PACKAGES**

**WE OFFER TWO LEVELS OF PT WITH EITHER  
SENIOR OR JUNIOR INSTRUCTORS.**

#### **30 Minute Session**

**\$55/\$46 per single session**

#### **60 Minute Sessions**

**\$90/\$80 per single session**

Discount Packages

#### **5 Session Package**

Receive a 5% discount when you purchase 5 sessions in advance.

\$425/\$380

#### **10 Package**

Receive a 10% discount when you purchase ten sessions in advance.

\$810/\$720

Group Members and Partners must be in similar physical condition and desire similar fitness goals..



**Pirate Wellness Center  
Cudjoe Key, FL**

**Does the equipment  
seem too complicated?**

**Not sure what to do  
or where to start?**

**Need some help  
focusing your efforts?**

# **Personal Training**

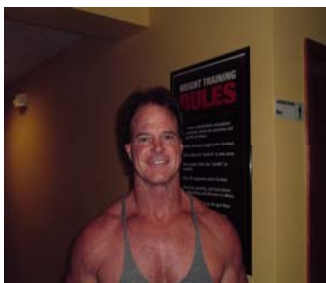
**Maybe you need a  
Personal Trainer...**

# Why should I have a Personal Trainer?



“Sometimes just getting there is the hardest part!” Says

Sandy Kerr (AFAA Certified Personal Fitness Trainer). Having a scheduled appointment with a Personal Trainer can help. Your trainer is there to encourage you and help you enjoy the experience of working out while teaching you safe, effective workout routines.



**Let NASM and AFAA Certified Personal Fitness Trainers Peter Fox and Adare Fritz keep you motivated!**

## Examples of Personal Training programs:

**55 year old retired, semi-active golfer:** This person needs to focus on improving cardiovascular health, strengthen shoulders, arms, back and core body muscles to improve the golf game while reducing the risk of injuries.

**30 year old active mom:** Her cardiovascular health is good but she needs to lose a little weight and start resistance training to maintain strength.

**67 year old sedentary retiree:** It's never too late to get in to shape! This person needs to start a general conditioning program designed to gradually strengthen major muscle groups and the cardiovascular system.

**22 Year old athlete:** This person wants to be stronger and faster so he needs a program that is sports specific and will challenge him to improve his already good health.

Pirate Wellness Center Personal Trainers are certified by nationally recognized organizations such as the Aerobics and Fitness Association of America (AFAA) and the National Academy of Sports Medicine (NASM).

*Are you giving your workout 100% ?*



**Have you gotten tired of your routine or feel like you've reached a plateau?**



**Personal Training may be just what you need!**

**Pirate Wellness Center**

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