

Results Based Training

Maximize your results with Results Based Training. Our certified personal trainers will help you achieve your goals whether you want to reduce body fat, increase muscle mass or improve your general health and fitness.

Sportsplex is proud to announce that our personal trainers include graduates of college programs in the exercise sciences, have recognized national personal training certifications, and provide excellent customer service. Furthermore, each personal trainer participates in the Sportsplex Educational Pyramid, a continuing education curriculum and advanced certification track.

It is our commitment to excellence that will constantly improve the quality of our personal training. Important to note, there will always be areas of specialization, educational differences, and years of experience among our Results Based Training staff. Therefore, in order to best reflect these differences, we have broken down our services into three levels.

PERSONAL TRAINING SERVICES and OPTIONS:

OPTIONS	PRICING	
One-On-One : 60 minutes	Member	Non-member
1 Session	\$102	\$112
10 Sessions	\$920	\$1120
Partner : 60 minutes (2 people)		
1 Session	\$72	\$82
10 Sessions	\$650	\$740
One-on-One: 30 minutes		
1 Session	\$62	\$72
10 Sessions	\$560	\$650

- Member packages expire within 3 months of purchase
- Non-members 10-packs expire in 60 days

To start your Results Based Training program, contact Kumail at **(203) 536-4308**, or by email: **kumsha1976@yahoo.com**

No shows or cancellations less than 24 hours before scheduled personal training sessions will be charged to the client.

Be courteous to the next client. If you are tardy, your appointment will be shortened.

PLEASE NOTE: FOR INSURANCE REASONS, TRAINERS NOT EMPLOYED BY SPORTSPLEX ARE NOT PERMITTED.

