



# ONE-ON-ONE FITNESS COACHING

Fitness Center members can sign-up for one-on-one coaching sessions to develop personalized workout plans designed to support their health and fitness goals.

## One-on-one Fitness Coaching

Work one-on-one with the trained Fitness Center staff to develop an individualized fitness plan. You will receive more in-depth guidance based on an administered fitness assessment that will determine your upper and lower body strength, as well as aerobic endurance. Fitness Center staff will provide personal attention during each session to help ensure you are getting the most out of your workout.

### Cost

- **Single 30-minute Session: \$15**
- **Five 30-minute Sessions: \$60**

*Members may schedule a maximum of one session per week. Sessions expire three months from date of purchase. Must be a Fitness Center member to register.*

## Equipment Review

Looking to revisit equipment safety guidelines? Register for a free Equipment Review with Fitness Center staff. This overview provides guidance on equipment use, proper adjustments, and basic form. *Membership includes one complimentary session per year.*

### LOCATIONS

#### Rancho Senior Center

3 Ethel Coplen Way, Irvine  
949-724-4487

#### Trabuco Center

5701 Trabuco Rd, Irvine  
949-724-7424

To register, please visit Rancho Senior Center or Trabuco Center. Fitness Center staff will call to schedule your session once you have registered.

