



Town of
Beech Mountain

Personal Training at the Buckeye Recreation Center

Introducing a new and improved you - Your Life, Your Health, Our Guidance

Whether you are 15 or 75, an experienced or beginning exerciser, our staff can help you reach your health and fitness goals. A certified personal trainer will develop a personalized program that is perfect for you. You will be supported with expert knowledge, coaching, and emotional support to help you look, feel, and live better.



The Buckeye Recreation Center offers members and non-members a full Service program that provides individualized exercise training, health education, and nutritional information. Training is available for Individuals and those looking to get fit with a "buddy".

Program Features:

- *A comprehensive and in depth initial assessment to evaluate the client's specific needs, goals, health history, exercise history, and current fitness level. This includes blood pressure, weight, girth, BMI, Body Fat, flexibility, strength, and cardiovascular fitness testing.*
- *Nutrition and Lifestyle Counseling*
- *A training program tailored specifically to your personal needs whether it be functional, sports conditioning, competition training, weight loss, post rehabilitation, and special populations (elderly, post-cardiac and stroke care, MS, arthritis, etc.)*
- *Strength, Conditioning, Cardiovascular endurance, flexibility, and motor control training.*

Program Pricing

	Member	Non-Member	"Buddy" Training
Single Session	\$ 15.00	\$ 20.00	\$ 25.00
10 Sessions	\$ 150.00	\$ 190.00	\$ 225.00

Personal Training Policies

Payment: *Members and non-members alike are required to pay in advance for scheduled sessions. The BRC offers multiple payment options to suit your individual needs.*

Cancellations: *All cancellations require a 24-hour notice by either party. In the event that 24-hour notice is not given by the client, the client will be charged for the full amount of the scheduled appointment. If it is necessary for the trainer to cancel inside of 24 hours, the client will be given one*

"Specializing in Personal Training for Kids, Teens and Adults"

Kids Fitness

Sports Specific Training • Weight Control • General health and fitness

Lifestyle Management

Weight Control • Body Toning/Sculpting • Strength Training

Sports Specific Training

Running • Track and Field • Bicycling • Soccer • Triathlon

For more information or to start your program please contact:

*Daniel Scagnelli
Fitness & Wellness Coordinator
828.387.3003*

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A recent study by the American Council on Exercise suggests that exercising with a personal trainer can improve your strength by up to 45 percent, regardless of age, more than exercising without supervision and can help you achieve your desired goals up to 50 percent faster.