

# PERSONAL TRAINING

AT CITY CENTER RESIDENTIAL BUILDING GYMS

## Lehigh Valley Health Network Personal Training at City Center Residential Building Gyms

**Lehigh Valley Health Network (LVHN)** is offering personal training services to all City Center residents in their building gyms. Residents don't have to leave the comfort of their buildings in order to receive personal training sessions. Residents do not need to be an LVHN member in order to participate.

Training will be held in all building gyms with the exception of 1010--1010 residents can take advantage of a deeper discounted offer at the LVHN gym in lieu of not having a building gym.

### **Building gyms include:**

**The Hive**

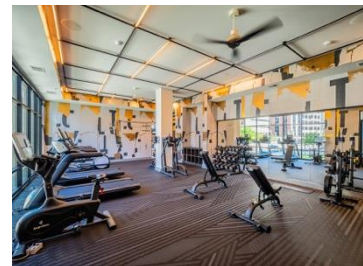
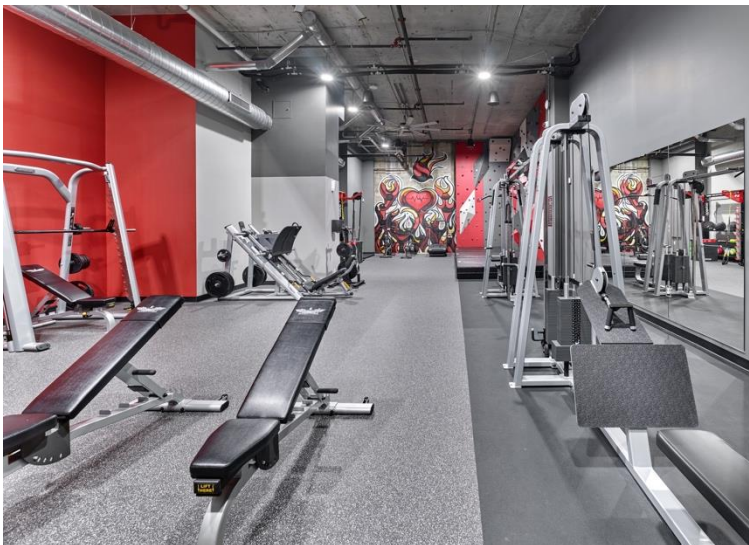
**Strata West**

**520 Lofts**

**Walnut Street Commons**

**Center Square Lofts**

**Cityplace**



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## Information and Rates

LVHN Fitness Exercise Physiologists are bachelors and masters-level specialists with varying specialties and certifications. They are trained to work with a general fitness population for strength and endurance training, weight loss, and/or lifestyle changes. They are also trained to work with clinical populations and orthopedic concerns.

### Personal training 1:1

1 consultation

\$90/hour base rate

\$60/30 minute base rate

Commitment	4 weeks	8 weeks	12 weeks
1 session/week	\$90/hour or \$60/half hour	\$85/hour OR \$58/half hour	\$80/hour or \$56/half hour
2 sessions/week	\$85/hour or \$58/half hour	\$80/hour OR \$56/half hour	\$75/hour or \$54/half hour
3 sessions/week	\$80/hour or \$56/half hour	\$75/hour or \$54/half hour	\$70/hour or \$52/half hour

Commitment	4 week PIF	8 weeks PIF	12 weeks PIF
1 session/week	\$360 or \$240	\$680 OR \$464	\$960 or \$672
2 sessions/week	\$680 or \$464	\$1,280 OR \$896	\$1,800 or \$1,296
3 sessions/week	\$960 or \$672	\$1,800 or \$1,296	\$2,520 or \$1,872

### Buddy training 2:1

Pay per session \$150/hour session

Pay per session: \$110/half hour session

### Buddy training 3:1

Pay per session: \$195/hour session

Pay per session: \$150/half hour session



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## **1010 Apartments pricing:**

*\*1010 apartment residents can receive this discounted offer for personal training at the LVHN gym located at One City Center.*

Pay-as-you-go: \$75/hour or \$45/half hour

Package pricing: \$65/hour or \$40/half hour (paid in full for 5 or 10 packs)

Buddy training 2:1: \$50/hour per person or \$25/half hour per person

Buddy training 3:1: \$33/hour per person or \$17/half hour per person

## **How Sign Up for Personal Training**

LVHN Fitness Exercise Physiologists will upload 12-week availability at a time. Residents are responsible for booking sessions via SignUpGenius: <https://www.signupgenius.com/go/8050C4DAFAA2FA6FC1-47045393-personal>

## **Payment Process and Cancellation Policy**

When you schedule your appointment with LVHN Fitness, our time and services are reserved exclusively for you. Arriving late may require us to shorten the length of the service, so as not to inconvenience others. Upon scheduling, we require a credit card be put on file to hold your appointment. If you must cancel or reschedule your appointment, please contact your exercise physiologist at least 24 hours in advance of your scheduled time. Should you not speak with them directly, please leave a voicemail. If you cancel with less than 24-hour notice or miss an appointment, your credit card on file may be charged up to 50% of the cost of your scheduled service.

## **Questions?**

Reach out to [FITNESS\\_CENTER\\_EPS@lvhn.org](mailto:FITNESS_CENTER_EPS@lvhn.org).