

SERVICES AND RATES

PERSONAL TRAINING

Expert Trainer

60 Minutes

1 session.....\$125
10 sessions.....\$120/ea....\$1,200

Master Trainer

60 Minutes

1 session.....\$115
10 sessions.....\$105/ea.....\$1,050

45 minutes

1 session.....\$90
10 sessions.....\$85/ea.....\$850

30 minutes

1 session.....\$70
10 sessions\$65/ea.....\$650

Functional Specialist

60 Minutes

1 session.....\$95
10 sessions.....\$85/ea.....\$850

45minutes

1 session.....\$70
10 sessions.....\$65/ea.....\$650

30 minutes

1 session.....\$55
10 sessions.....\$50/ea.....\$500

Expert Trainer:

This is our highest level trainer and the hardest credential to attain. Expert trainers teach the proctors how to run the courses. These trainers have a degree in the field, have at least 7 years of experience, complete 1000 hours of clinical work, and hold at least 2 accredited certifications and a specialty. All The Arena and Fit4 All NY owners and board members hold this credential.

Master Trainer:

This level trainer must hold at least 2 accredited certifications, has 3 years of experience, has completed our entire program, has completed at least one specialty course and at least 100 hours of course work from approved providers. These trainers are qualified to teach students in our specialty programs and mentor the newer staff.

Functional Specialist:

This level trainer must hold at least 1 accredited certification and has completed our nationally recognized 3 month internship. These trainers are by no means second rate, they are just new graduates of our program. The majority of our trainers hold a degree in the field, have at least 1 year experience and have completed all required continuing education courses. These trainers can work with anyone from rehabilitation to performance enhancement.

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All personal trainers are required to complete courses from our internship program developed by Dr. Robert Inesta, Fit and Functional, and our board of educators. Staff must complete approved external courses and seminars in addition to meeting annual certification requirements. Trainers at Fit4All NY learn science so that they actually understand how things work and how to design programs based on client needs. Through our experience, we have found that even the so-called “experts” are basing programs on principles from the 1950s and are not educated on current research. Another issue in the industry is that people mistake experience for expertise. Our unlimited access to a courses in a nationally recognized education program allows Fit4All NY provide a quality trainer that is 30% cheaper than the same trainers who worked in a big box gym. We hold our staff to a higher standard because we can.

Program Design:

We will customize a fitness routine based on your individual needs. This program will allow you to

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exercise properly on your own. Pictures and descriptions of your routine are provided. This is meant to be a tutorial and educational experience for gym members to safely work out on their own.

Session 1: 90 minutes with evaluation.

- Includes target heart rate, body comp/measurements, fitness evaluation, and brief nutrition consultation

Session 2: 75 minutes.

- Outline of program given, proper form and stretching techniques demonstrated

Session 3: 75 minutes (Client must do one session on their own before this session)

- Perform entire workout, review exercise form, and answer questions. Detailed program with pictures given.