

Fitness Evaluation

Comprehensive fitness evaluation including cardiovascular function, strength, body composition, blood pressure, flexibility and post-exercise recovery. Includes treadmill ergometry test. One-hour evaluation with a certified personal trainer includes a personalized fitness report and exercise program recommendations. May require medical release. Call 646-3492 for an appointment.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$85

Fitness Orientation

Required for youth, ages 13-15, who wish to use equipment in the Cardio Fitness Center and Weight Room. Orientation provides use of fitness area rules and instruction of safe and appropriate use of equipment. Call 646-3495 to set up an appointment or ask at the Front Desk.

For ages 13 and older.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$45 or included with new membership

Personal Training

Personal training for weight loss, toning, strengthening, sports conditioning or post-rehab. ACSM, NSCA & MES guidelines for exercise prescription. Certified trainers available AM, PM and weekends. One-hour and half-hour sessions. Discount packages for 3, 6, 12, 24 and 36 one-hour sessions prepaid. Call 646-3492 for an appointment.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$65 per hour/\$45 per half-hour

PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$160	(SAVINGS \$35)
6 SESSIONS	\$300	(SAVINGS \$90)
12 SESSIONS	\$580	(SAVINGS \$200)
24 SESSIONS	\$1,105	(SAVINGS \$455)
36 SESSIONS	\$1,485	(SAVINGS \$855)

Quick Start Personal Training Membership

A one-month membership that includes personal training: Enjoy increased motivation, refreshed workout routines and faster results all at an affordable price with our Quick Start Personal Training Membership. A certified personal trainer works with you one-on-one to create a goal-based program that keeps your workouts fresh, fuels your motivation and makes exercise fun and exciting. You will meet with your trainer to set goals, complete a comprehensive fitness evaluation and get started on your program and then meet once every week for four weeks for one-on-one sessions. Call 646-3492 for an appointment.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$260

Sports Performance Training

Advanced training for improved sports performance. Develop speed, agility and quickness. Comprehensive fitness testing and full program prescription included. Contact Bill Rothschild, CSCS for initial appointment at 646-3492 or Rothschi@monterey.org.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$65 per one-hour/\$45 per one-half hour session

Introductory Package (3-Pack)	\$160	(SAVINGS \$35)
6 SESSIONS	\$300	(SAVINGS \$90)
12 SESSIONS	\$580	(SAVINGS \$200)
24 SESSIONS	\$1,105	(SAVINGS \$455)
36 SESSIONS	\$1,485	(SAVINGS \$855)

Pilates/Yoga (Private & Duet Classes)

Certified instructors will guide you through an individualized Pilates workout or Yoga practice. Call Lauri Ataide at 646-3739 or email ataide@monterey.org to schedule an appointment.

For ages 14 and older.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Studio I&II	Certified Staff	Private: Instruction is one student to one instructor. Fee: \$70 per hour session 4-Class Pack \$260 (SAVINGS \$20)
			Duet: Instruction is two students to one instructor. MSC does not pair participants. Fee: \$40 per person for each hour session. 4-Class Pack \$140 per person (SAVINGS \$20)