

**Smart Start Fitness Consultations  
powered by our PULSE Personal Training Team**

***For Our Brand New Members and  
Current Members needing a refresher***

In our quest to help our members succeed, we offer a private hour of fitness consultation to all brand new members and current members who need a boost. This one hour of quality fitness education is the beginning of your training plan which will guide you more effectively and efficiently toward your ultimate fitness expectations.

*During this hour the knowledge you will receive includes:*

- Developing a beginning plan of action based on your expectations
- Overview of the basic principles of fitness
- Overview of the fitness facility
- Show you other affordable ways to continue your personal training privately, in small groups and / or a bootcamp setting



**This training will be FUN, EDUCATIONAL  
and you will leave feeling GREAT!**

***Smart Start Private Training Hours available:***

We offer varying times to accommodate your schedule.  
See a Fitness Consultant to sign up today! It is so important to us that you get started correctly that this \$60 value is included in your membership

**Professional Certified Personal Trainers will be here for you ...**

Please be on time for your appointment and come dressed in fitness attire ready to work out. If you can't make this appointment we will need at least 6 hours notice of cancellation. Late cancellation or missed appointments will be assessed a no-show fee of \$20. Because of its value, we often have a waiting list for these services.

**For more information see our Exciting New Website  
[www.worldgymnorwich.com](http://www.worldgymnorwich.com)**

**WORLD  
GYM**

FITNESS AND SPORTSCOMPLEX

Norwich Business Park Norwich, Ct. (860) 887-3591

[www.worldgymnorwich.com](http://www.worldgymnorwich.com)

**SMART START  
YOUR  
PERSONAL  
TRAINING  
PLAN**

*Get started and stay  
on the right track!*

# MENU of PERSONAL TRAINING PROGRAMS

in our  
**PULSE TRAINING CENTER**

## Private One-On-One Training

Have a fitness professional design a safe and effective plan tailored **WITH YOUR PERSONAL NEEDS AND GOALS IN MIND**. Many clients enjoy having a fitness coach for motivation and accountability. Included in this program will be: **Monthly goal setting, Fitness testing and assessment and Body composition analysis**

## Semi-Private and Elite Athlete Training 2-4

Semi-private sessions allow two to four clients to work with a trainer at the same time. Several of our clients like to exercise with their friends, spouse, or family members. Elite Athlete Training is for athletes young and older. Please see Jolene Bowers for more information on these great training opportunities.

## Small Group Functional Personal Training

**6 WEEK PROGRAM**  
**See Jessica Doubleday, CPT**  
**if you have interest in a 6 wk.**  
**Small Group Training**

This 6 Week Small Group personal training program allows up to 12 clients to work in a group setting with one trainer. The trainer will set up stations for the group having the clients rotate individually through each station. Clients tend to encourage each other during these sessions, which then creates a great team-building atmosphere. Before and after workout support. Results Guaranteed!

*ALSO SEE our 6 Week Fitness Challenge Private One-on-One training program available to Members and Non-Members. Balance Log Electronic Food Journal Included Results Guaranteed!*

# WORLD GYM

Fitness and SportsComplex

www.worldgymnorwich.com

2 Wisconsin Ave. • Norwich Business Park 06360 • (860)887-3591

## INVESTMENT OPTIONS

Monthly EFT payments now available for Personal Training Programs  
World Gym is now offering a new way to pay for personal training based on an investment plan. The more you invest in your fitness the less you have to pay. You choose how many times you would like to train a month for how many months and place a down payment on your package. The remaining balance will be split into payments and billed through your monthly billing done through an electronic funds transfer (EFT)

### 1 MONTH PRIVATE TRAINING PLAN

**4 to 8** ✕ per month **\$60 hr. / \$35 1/2 hr.**  
**8 plus** ✕ per month **\$55 hr. / \$32.50 1/2 hr.**

### 3 MONTH PRIVATE TRAINING PLAN

**4 to 8** ✕ per month **\$55 hr. / \$32.50 1/2 hr.**  
**8 plus** ✕ per month **\$50 hr. / \$30 1/2 hr.**

### 6 MONTH PLUS PRIVATE TRAINING PLAN

**4 to 8** ✕ per month **\$50 hr. / \$30 1/2 hr.**  
**8 plus** ✕ per month **\$50 hr. / \$30 1/2 hr.**

Semi-Private and Elite Athlete Plan - EACH  
**\$30 / 4 person - \$35 / 3 person - \$45 / 2 person**

Small Group Functional Personal Training Plan -  
Members **\$20 hr / 6 week minimum**  
Non-Members / **\$35 hr / 6 week minimum**  
Includes club membership for this 6 week period  
6 Week Session payable in full in advance

**SEE A PULSE PERSONAL TRAINER**  
**OR THE MEMBER SERVICE DESK TO ENROLL**

**Get Started  
NOW!**