



Group Pilates Reformer

Pilates Reformer Training is designed to develop core strength and coordination.

The focus will be on traditional Pilates movement patterns, the use of breath, and correct alignment. Classes address posture, mind/body awareness, strength, and flexibility training. Maximum 3 students per class, must sign up in advance.

	<u>Member</u>	<u>Non-Member</u>
1 Class	\$50	\$75
10 Class Package	\$450	\$675



THE CLUB OF RIVERDALE
2600 NETHERLAND AVE.
RIVERDALE, NY 10463
718 796 9099

SPECIALIZED

TRAINING PACKAGES

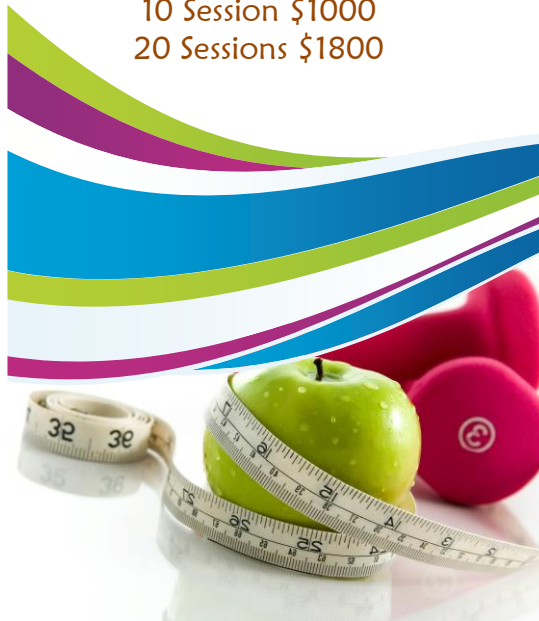
TCR's Specialized Training Packages offer you the opportunity to progress privately in your desired aspect of Training. Whether the thought of entering a class intimidates you, or you just want to have the special attention of the instructor, Specialized Training can help!

PRIVATE YOGA with Patrick
PRIVATE TAI CHI with Bruce
PRIVATE PILATES REFORMER with Eugene

These are available in packages or individually, all geared towards the noted specialization. All packages except for Private Yoga follow the standard training price structure.

Private Instruction Rates

1 Session \$125
3 Sessions \$345
5 Sessions \$550
10 Session \$1000
20 Sessions \$1800



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PERSONAL TRAINING 2018



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TRAINING PACKAGES

Rate
Introductory
Pack

INTRODUCTORY
FOR NEW TRAINING CLIENTS ONLY
3 PACK: \$210

(Intro package sessions must be redeemed within 60 days)

Master Trainer

	<u>Mem</u>	<u>Non-Mem</u>	<u>Exp.</u>
1 Session:	\$110	\$165	N/A
6 Sessions:	\$600	\$900	30 days
12 Sessions:	\$1140	\$1710	60 days
24 Sessions:	\$2160	\$3240	120 days
48 Sessions:	\$4080	\$6120	240 days

Elite Trainer

	<u>Mem</u>	<u>Non-Mem</u>	<u>Exp.</u>
1 Session:	\$130	\$195	N/A
6 Sessions:	\$700	\$1050	30 days
12 Sessions:	\$1350	\$2025	60 days
24 Sessions:	\$2550	\$3825	120 days
48 Sessions:	\$4810	\$7215	240 days

Package sessions must be paid in full

Annual Add-Ons

Make a serious commitment to fitness and save with annual add-on training. Add-ons can begin with enrollment, or you can pro-rate to expire with your existing membership.

Rate
Annual
Add-Ons

Once a Week: **\$340/mo**
Twice a Week: **\$660/mo**



Why

Personal Training

The benefits of regular physical activity are well documented, and working with a certified personal trainer is one of the best ways to maximize your workouts and get the best possible results in the shortest amount of time. Personal training guarantees the safest, most effective and efficient workout to improve overall health, fitness level, endurance, strength, and sports performance. We offer a wide array of packages, including yearly options, for those looking to commit themselves to fitness!

Fitness Consultation

The Fitness Consultation is an important first step to achieving your health and fitness goals. Our Certified Personal Trainers will take you through a series of tests and performance evaluations to determine your starting fitness level, and assist you in how to move forward and make the most of your workouts!

Fee: \$50*

Free for New Members during entire first two months of Membership

Fitness Goals

- Flexibility
- Balance
- Weight Loss
- Increase Strength
- Sport-Specific Training
- Functional Training
- Post-Rehab
- Triathlon Training
- Specialized Fitness Needs

