

WHY **WORK** WITH A PERSONAL TRAINER?

Because, without one, it's easy to:

- End your workouts early.
- Think you've done enough, even though you have it in you to do that one last rep or set.
- Skip a warm-up or cool-down.
- Say you're challenging yourself when you know deep down that you could have done more.
- Do exercises that can cause injury.

GET **CONNECTED** TO YOUR BODY WITH THESE FREE SERVICES.

FITNESS CONSULTATION

A Bellevue Club personal trainer will conduct a 30-minute fitness consultation to discuss your health history and personal goals. The trainer will then give you tips based on the consultation to help you get started and discuss potential programming to fit your individual needs.

FITNESS AREA TOUR AND WEIGHT ROOM INTRODUCTION

During this 60-minute appointment, a personal trainer will give you a tour of Studio 1,2,3 and 4 as well as the Aerobics, Yoga, Pilates and Conditioning Studios. In addition, they will provide you with instruction on two cardio pieces of your choice plus 10 Nautilus strength-training machines.

COMPLETE RESULTS:

That's what personal training is all about. We can help you achieve your goals through guaranteed accountability. Having your own personal trainer to oversee your fitness program is the key to your success.

CANCELLATION POLICIES

PRIVATE PERSONAL TRAINING

The Bellevue Club has a 24-hour cancellation policy. If a personal training session is cancelled less than 24 hours before the appointment or if a client does not show, full charges will be applied to his or her member account.

SEMI-PRIVATE PERSONAL TRAINING (GROUPS OF 2-3)

The Bellevue Club has a 24-hour cancellation policy. If a semi-private personal training session is cancelled less than 24 hours before the appointment or if the clients do not show, full charges will be applied to their member accounts.

If one client cancels prior to the 24-hour notice, the other client has the option of cancelling or paying a private personal training session rate. If one client cancels within 24 hours of the session, the other client will only be responsible for the semi-private personal training rate.

FOR SCHEDULING OR CANCELLATIONS

PHONE: 425.688.3172

EMAIL: FITNESS@BELLEVUECLUB.COM



BELLEVUE CLUB

www.bellevueclub.com

BELLEVUE CLUB



PERSONAL training

COUNT
on US



WHAT CREDENTIALS DO YOUR TRAINERS HAVE?

All of our personal trainers have earned a formal degree and/or hold a training certification from a nationally accredited organization, such as the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), American Council on Exercise (ACE) or National Academy of Sports Medicine (NASM).

HOW DO I SELECT A TRAINER?

All Bellevue Club trainers are experienced in working with clients at every stage of growth and development. If you are interested in finding a trainer that specializes in your area of need, trainer biographies are available on the web at bellevueclub.com or at the Athletic Services Desk.

HOW OFTEN SHOULD I MEET WITH A TRAINER AND FOR HOW LONG?

Depending on your goals, your personal trainer will work with you to develop a realistic program that will help you be successful. Whether you meet three times per week, twice per week, or once a month depends solely on you and your needs.

PRICING

THE MOST AFFORDABLE WORKOUT IN TOWN WITH THE MOST TALENTED TRAINERS!

Private Personal/Yoga Training

60-minute session	\$90
45-minute session	\$69
30-minute session	\$46.50

Semi-Private Personal/Yoga Training (2 - 3 People)

60-minute session	\$55 (per person)
45-minute session	\$43.50 (per person)
30-minute session	\$30.50 (per person)

Try the Starter Pack! (new clients only)
Three 45-minute sessions for only \$165



TRAINING SERVICES

CONDITIONING STUDIO

Get the workout and attention you deserve. A private setting provides cutting edge equipment, with training available for TRX, Kinesis, Power Plate and others.

60-minute private session	\$95
45-minute private session	\$75
30-minute private session	\$56

CARDIO COACHING

Utilizing a cardio Cardio Coach is an innovative way to stay motivated to stay on track to reach your goals.

60-minute private session	\$80
45-minute private session	\$60

**Tax not included in pricing*

InBody

Body Composition Analysis

The InBody measures your total body fat, body water, basal metabolic rate and lean body mass distribution.

One test	\$50
Two tests	\$79

**track your improvements*

HOW DO I GET STARTED?

For more information or to schedule your appointment, contact Fitness Services at 425.688.3172 or email fitness@bellevueclub.com.

