

Personal Training Testimonials

See what real members are saying about our personal training program:

"I could never imagine working out could be fun, but it is! I look forward to it. I've seen significant improvements. I've lost 111 pounds, and before I was on five different medications and now I'm down to one."

- Janice

"I wasn't feeling well and was always tired and out of breath. Once you start going it's so great. I'm down 42 pounds and feeling awesome. Everybody's here to help you – the staff, the trainers – everyone makes you feel at home! If I can do it, anybody can do it."

- Darren

"I've lost approximately 80 pounds since being a member at Centegra Health Bridge. I couldn't be more proud of the way I look. I've gone from a 5K to a 10K, to a sprint triathlon to a full Olympic Triathlon at 49 years old. It's a good feeling!"

- Tom

"A year ago I thought I was immune to any type of disease but was then diagnosed with diabetes. I feel very accepted at Health Bridge. It's more of an overall well-being place. I lost over 50 pounds and feel great."

- Judy

Centegra Health Bridge Fitness Center-Crystal Lake
200 Congress Parkway
Crystal Lake, IL 60014

Centegra Health Bridge Fitness Center-Huntley
10450 Algonquin Road
Huntley, IL 60142

(815) 444-2900
healthbridgefitness.com

PERSONAL TRAINING SERVICES

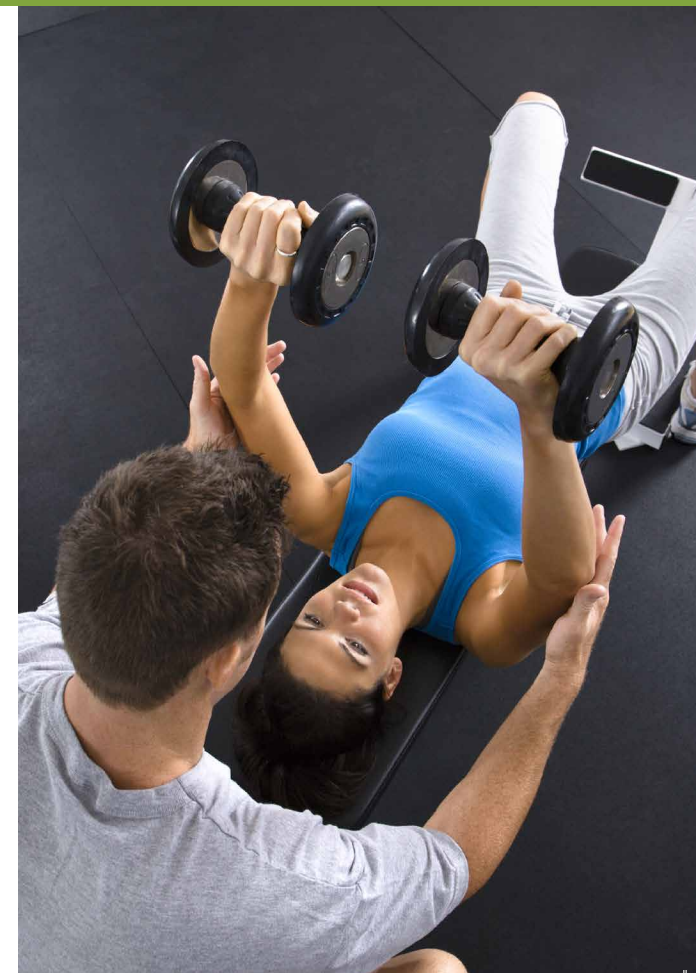
**Centegra
Health Bridge
Fitness Center**

ALWAYS LOOKING AHEADSM

**Centegra
Health Bridge
Fitness Center**
ALWAYS LOOKING AHEADSM

We commit to serving with genuine respect, passionate caring and a joyful spirit.

C9620148



Why hire a personal trainer?

Centegra Health Bridge Fitness Center offers personal training solutions for all your health and fitness goals. Regardless of your experience or physical ability, our professional, highly qualified personal trainers will provide the guidance you need.

- Motivation/accountability
- General fitness/lifestyle modification
- Fat-burning capacity enhancement
- Weight management/weight-loss
- Muscle strength and endurance
- Injury prevention
- Rehabilitation
- Sport specific training



What is Personal Training?

Personal training is an individualized approach to fitness designed to provide our members of ANY fitness level with efficient and safe results through personalized exercise programs.

How are personal trainers qualified?

Our personal trainers have attained the most respected certifications the industry has to offer. Each of our trainers hold a certification through at least one of the following national associations:

- National Academy of Sports Medicine (NASM)
- American College of Sports Medicine (ACSM)
- National Strength & Conditioning Association (NSCA)

Personal Training Services

Private Sessions:

One-on-one, 30-minute or 60-minute sessions with a personal trainer are customized to the clients needs and goals.

Semi-Private Sessions:

Designed for two individuals who work out at the same time. Semi-private training is a fun, cost effective way to get a great workout with a friend and to benefit from the expertise of a personal trainer.

Small Group Training:

A minimum of three people can train together with a personal trainer.

Muscle Activation Technique (MAT)

MAT uses a unique approach to identify and treat muscular imbalances in the body that are often the source of injury, pain and dysfunction. Addressing muscular imbalances helps the body achieve optimal levels of function without further discomfort or injury. MAT increases the body's range of motion, restores body alignment and eliminates compensation patterns.

Benefits include:

- Increased joint mobility and stability
- Decreased muscle tightness
- Reduction or elimination of pain
- Elimination of compensation movement patterns
- Injury prevention and improved performance

For more information about MAT, visit healthbridgefitness.com.



Bridge Assessments

Our free Bridge Assessment includes a four-part, state-of-the-art customized fitness assessment:

Phase 1:

- Clinical blood test for cardiac risk Including:
 - Fasting glucose
 - Total cholesterol
 - LDL & HDL cholesterol
 - Triglycerides

Phase 2:

- Exercise screening questionnaire
- Resting heart rate & blood pressure
- Body composition, body-mass index, circumferences
- Cardiorespiratory fit test

Phase 3:

- Two complimentary 30-minute personal training sessions

Phase 4:

- Complimentary Ignite Studios class

Ignite Studios

Light your fire with Studio Ignite! This collection of classes and programs includes a wide array of classes from mind/body to fitness & toning.

Athlete Development Programs

Centegra Health Bridge's Athlete Development Program is a challenging program for preseason or off-season training and conditioning for any athlete.

Please see a personal trainer or stop by concierge to book a personal training session today!

We offer easy payment plans.

» **LEARN MORE:** For more information about personal training or to register for a class, please call 815-444-2900.