

**Our Nationally Certified trainers will customize your workout to address your unique fitness profile**

Visit the Cardio Studio to view our trainers photos and read their bios.

In doing so you'll have an opportunity to choose a trainer who best reflects your ideas and feelings about personal training. Our trainers have varied, diverse, and dynamic backgrounds, fitness passions, and are ready to help you take your fitness to the next level!

## **Land and Water Training Options**



## **1 on 1 Personal Training**

One on one training with a workout coach; your personal trainer will provide inspiration, motivation, and a wealth of information on the latest fitness techniques and strategies. Work with your trainer to set up a program that will meet your goals and maximize your time and effort. Sessions last up to 60 minutes.

**\$55/Hour Non-Member**  
**\$45/Hour Member**



## **1 on 1 Personal Training 6-Pack**

Serious about your goals?  
Sign on for a series of six sessions and let our trainers help you take your workouts to the next level!  
This is our **'BEST VALUE'** package!

**6-Pack Session: \$300 Non-Member**  
**6-Pack Session: \$240 Member**



## **Group Personal Training**

The same benefits as individual personal training but with a group of friends. See how group dynamics, motivation, camaraderie, and accountability enhance your workout. Ideal for groups of 3 to 8 participants. Sessions last 60 minutes.

**\$65/hr**

## **Move Better**

## **Feel Better**

## **Look Better**

## Facilities Include:

14 Station Cybex VR/3  
Training Circuit

Octane Elliptical Trainers

Cybex 750 ARC Trainers

Cybex 750C Stationary Bikes

Cybex 750C Recumbent Bikes

Cybex Treadmills

Completely Equipped  
Free Weight Area

*Cardiovision*

Aerobic Studio

Gymnasium    Indoor Pool

Group Cycling Studio

Steam Room    Sauna



# If you are looking to:

- ➡ lose weight
- ➡ shape and tone
- ➡ develop cardio fitness
- ➡ gain strength
- ➡ increase energy
- ➡ reduce stress
- ➡ improve sports performance
- ➡ achieve results

## Rec Center Personal Training is for YOU!

Contact Maria Rotella to  
get connected with a trainer  
717-738-1167 x106  
maria@ephratarec.com

ephrata  
recCenter

# Personal Training



optimize  
your  
workout

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