



PERSONAL TRAINING

Time to take care of YOU!

OUR PERSONAL TRAINING SERVICES:
PERSONAL TRAINING · PARTNER TRAINING · GROUP TRAINING · SPORT-SPECIFIC
TRAINING · STAND STRONG · MOBILITY EXPRESS: FLEXIBILITY TRAINING

contact us today

See training details and pricing on back. Contact Christine Jaegers, Fitness & Wellness Specialist, at cjaegers@cityofcape.org or 573.339.6604, to schedule your training!



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT

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TRAINING PROGRAMS

You and your family can benefit from Personal Training services no matter your goal: balance/stability, sports performance, injury prevention, bodybuilding, triathlon conditioning, prenatal fitness, disease management, special needs, weight loss or simply a desire to look and feel great! Our nationally-certified personal trainers will customize a program to meet your unique needs, creating a safe and effective way to reach your goals. The City of Cape Girardeau Parks & Recreation offers personal training in several forms and formats.

PERSONAL TRAINING

Team up with a personal trainer and start reaching your health goals today!

PARTNER PERSONAL TRAINING

Choose a training partner and improve your fitness levels and quality of life with a challenging, goal-oriented, customized fitness program. Training with another offers benefits in motivation, dedication and inspiration.

GROUP TRAINING

Team training is fun, motivating and challenging – plus, it's an affordable way to experience the benefits of personal training. Each person will undergo an assessment to measure baseline goals and ability, and will be re-tested to ensure progress. Team exercise helps to instill camaraderie, competition and, of course, RESULTS!

PERSONAL TRAINING	60 minutes	30 minutes
1 session	\$40.00	\$25.00
5 sessions	\$175.00	\$115.00
10 sessions	\$300.00	\$200.00

PARTNER TRAINING	60 minutes	30 minutes
1 session	\$40.00	\$25.00
5 sessions	\$155.00	\$105.00
10 sessions	\$260.00	\$180.00

GROUP TRAINING	60 minutes	30 minutes
1 session	\$40.00	\$25.00
5 sessions	\$144.00	\$100.00
10 sessions	\$238.00	\$170.00

SPORT-SPECIFIC TRAINING

Looking for an edge in your sport? Our professional training staff will devise a program to fit your needs. Improve your flexibility, balance and movement as it relates to your chosen sport. Workouts can be tailored to the following sports: Field sports (football, soccer, softball/baseball), court sports (basketball, tennis, volleyball, racquetball/squash), racing (marathon running, triathlons, cycling, track), mixed martial arts, and golf. Pricing: 60 minute session - \$300/10 sessions. Group sessions are also available.

STAND STRONG (55 yrs and older)

Falls leading to fractured bones is the leading cause of mortality in people ages 65 years and older. We cannot control everything that happens in our lives, however; you can take action to reduce your risk and improve your health. Pricing: 30 minute session - \$25 or \$200/10 sessions.

MOBILITY EXPRESS: FLEXIBILITY TRAINING

Mobility and flexibility is a critical component of physical performance and is equally important for your overall health. Simply "stretching" may not be enough or as effective as the techniques trainers can offer. In a series of 15-minute sessions, our trainers employ a variety of partner-assisted stretching and foam rolling techniques to maximize your results. Benefits may include: Reduced arthritic symptoms, improved posture and range of motion, decreased deterioration of joints, reduced risk of pain (low back, joints, muscles), improved muscle coordination, and overall movement. Pricing: Four, 15-minute sessions: \$10/ session (\$40 package)