

Menu of Services

PERSONAL TRAINING

Have you reached a fitness plateau or just don't have the motivation to take your fitness to the next level? Receive individualized, one-on-one attention from a certified personal trainer offering programs tailored to your specific needs:

- **One-on-One Personal Training**

This service allows you to receive individualized attention to accomplish your wellness goals, including weight loss, post-rehabilitation training, cardiovascular fitness, general conditioning, resistance training and sport-specific training/conditioning.

- **Pilates Mat and Reformer**

Pilates is a form of strength training that focuses on developing core stability, increasing flexibility and enhancing muscle tone.

- **Yoga Therapy Training**

Yoga personal training/therapy can help improve one's strength, flexibility, mind/body awareness, well-being, meditation skills and emotional stability. Yoga helps promote positive health through deep relaxation, breathing exercises and postural exercises. These practices can be used as a therapeutic method to improve the quality of life for individuals with chronic conditions such as back pain, arthritis, hypertension, heart conditions, diabetes, asthma, cancer, multiple sclerosis, chronic fatigue syndrome and fibromyalgia.

- **Partner Training**

Pair up with a friend, spouse or significant other to keep you motivated. A personal trainer will take you through a workout that meets both of your needs.

- **Postural Assessment**

Want a better workout? A Postural and Movement Screening will help. This service enables a personal trainer to observe muscle imbalances that may be negatively affecting your workout and/or causing pain or discomfort. After your assessment, one of our skilled trainers can then tailor a program to improve your body's muscle imbalances.



Group Training:

4-pack (four 30-minute sessions):

\$65 (per session cost: \$16)

4-pack (four 1-hour sessions):

\$100 (per session cost: \$25)

One-on-One Personal Training*

1/2-hour session: \$35

6-pack (six 30-minute sessions):

\$195 (per session cost: \$32)

1-hour session: \$55

6-pack (six 1-hour sessions):

\$315 (per session cost: \$52.50)

12-pack (twelve 1-hour sessions):

\$600 (per session cost: \$50)

*Nonmembers may purchase individual personal training sessions at a cost of \$65/session.

Partner Training:

\$70/session (\$35/person)

Postural Assessment:

3-pack (three 1-hour sessions):

\$165 (per session cost: \$55)

Single session: \$70 (1-hour session for members currently working with a personal trainer)

Gift certificates are available. Prices and menu items are subject to change.

CHEEK-POWELL WELLNESS CENTER

455 Pinellas St., Suite 100
Clearwater, FL 33756
(727) 462-7656
mpmhealth.com/wellnesscenters

PALM HARBOR WELLNESS CENTER

32672 U.S. Highway 19 N.
Palm Harbor, FL 34684
(727) 772-2222
mpmhealth.com/wellnesscenters

CARILLON WELLNESS CENTER

900 Carillon Parkway
St. Petersburg, FL 33716
(727) 502-4444
stanthonys.com/wellnesscenter