

**Smart Start Fitness Consultations**  
powered by our PULSE Personal Training Team

***For Our Brand New Members and  
Current Members needing a refresher***

In our quest to help our members succeed, we offer a private hour of fitness consultation to all brand new members and current members who need a boost. This one hour of quality fitness education is the beginning of your training plan which will guide you more effectively and efficiently toward your ultimate fitness expectations.

*During this hour the knowledge you will receive includes:*

- Developing a beginning plan of action based on your expectations
- Overview of the basic principles of fitness
- Overview of the fitness facility
- Show you other affordable ways to continue your personal training privately, in small groups and / or a bootcamp setting



This training will be **FUN, EDUCATIONAL**  
and you will leave feeling **GREAT!**

***Smart Start Private Training Hours available:***

We offer varying times to accommodate your schedule.  
See a Fitness Consultant to sign up today! It is so important to us that you get started correctly that this \$60 value is included in your membership

Professional Certified Personal Trainers will be here for you ...

Please be on time for your appointment and come dressed in fitness attire ready to work out. If you can't make this appointment we will need at least 6 hours notice of cancellation. Late cancellation or missed appointments will be assessed a no-show fee of \$20. Because of its value, we often have a waiting list for these services.

**For more information see our exciting Website**  
**www.summitfitnessandsports.com (860) 887-3591**



Norwich Business Park  
On the way to  
Dodd Stadium

**(860) 887 -3591**

**SMART START**

★ **YOUR** ☆

**PERSONAL**

**TRAINING**

☆ **PLAN** ★

*Get started and stay  
on the right track !*

# MENU of PERSONAL TRAINING PROGRAMS

2 Wisconsin Avenue, Norwich Business Park, Norwich CT. 06360 (860) 887-3591

**in our  
PULSE TRAINING CENTER**

## Private One-On-One Training

Have a fitness professional design a safe and effective plan tailored **WITH YOUR PERSONAL NEEDS AND GOALS IN MIND**. Many clients enjoy having a fitness coach for motivation and accountability. Included in this program will be: Monthly goal setting, Fitness testing and assessment and Body composition analysis

## Semi-Private and Elite Athlete Training 2-5

Semi-private sessions allows two to five clients to work with a trainer at the same time. Several of our clients like to exercise with their friends, spouse, or family members. Please see PULSE Personal Training or Member Service for more information on these great training opportunities.



## 6 Week Group Personal Training

Approx. 8 Hours of Group Personal Training Currently Available in:

- **BodyBLAST**
- **BoxFit**
- **TRX PLUS**
- **Early Morning SHRED (Bootcamp)**

6 Week Group (15—20) or Small Group (10-12) Personal Training Programs allows clients to work in a group setting with one trainer. Suitable for all fitness levels. Interval Training. Great team building atmosphere. Includes weekly workout programs. Weekly personal communication with your trainer. Some trainings use our new TRX equipment, our indoor sports field and much more.

**Personal Training Affordable!**

See a Personal Trainer or our Member Service Desk for a **FREE TRIAL CLASS**, Class hours, Investment Options and to Enroll!

**NEW - Check out our Soccer / Sports Specific training programs!**

## INVESTMENT OPTIONS

Monthly EFT payments now available for  
Personal Training Programs

Summit is now offering a new way to pay for personal training based on an investment plan. You choose how many times you would like to train a month for how many months and place a down payment on your package. The remaining balance will be split into payments and billed on the 1st day of each month to account the you authorize. Prepaid options are also available.

We welcome you to a complimentary private hour of fitness consultation with a personal trainer. At this time a beginning plan of action and investment plan options will be offered to you based on your specific needs. Our trainers are excellent, motivating professionals trained to get you the results you desire. **GET STARTED TODAY** with your complimentary consulting / training hour. See trainer or member service desk to schedule!

