

Your Success

AdventHealth Wellness Center

GETTING STARTED

We are committed to your success. When you become a member of the AdventHealth Wellness Center at Celebration, our dedicated fitness and lifestyle experts are at your disposal to help you achieve your unique vision of health and wellness. All new members receive a comprehensive fitness assessment as well as an exercise and equipment orientation.

FITNESS ASSESSMENT

- 60-minute introductory session with an exercise specialist
- Biometric screening: Looks at resting heart rate and blood pressure to determine optimal training heart rate
- Body composition analysis: In-depth look at muscle mass, fat mass and body fat percentage to help track progress
- Kick-start program with equipment tutorial: A workout program and walk-through designed to familiarize you with our equipment and kick start your fitness journey

START SMART PERSONAL TRAINING PACKAGE

Available to new annual term members, the Start SMART program provides you with:

(3) Full training sessions for only \$99

Must purchase within first 7 days of joining. \$129 after 7 days.

Existing members new to personal training can utilize the Start SMART program:

(3) Full training sessions for only \$129

Personal Training

We make training personal. Your fitness needs are as unique as you are. That's why our certified and experienced personal trainers work with you to develop a training program specific to your health and wellness needs. We will help you reach your goals safely and more efficiently with expert guidance and advice. Personal training benefits include:

- Develop a personalized fitness program with realistic goal setting
- Personal trainers serve as a coach, role model and source of motivation
- Specialized attention for medical conditions including post-surgery or injury recovery

START SMART*

3 Full Sessions..... \$99*

Must purchase within first 7 days of joining. \$129 after 7 days.

FULL SESSIONS (50 MINUTES)

1 Session.....\$65

6 Sessions..... \$360/\$60 each

12 Sessions..... \$660/\$55 each

EXPRESS SESSIONS (25 MINUTES)

1 Session.....\$40

6 Sessions..... \$228/\$38 each

12 Sessions.....\$420/\$35 each

All sessions are non-refundable and subject to expiration. Usage period begins the day of purchase. Stop by the front desk for details. \$99 Start SMART available for new annual term members only. \$129 Start SMART available for new personal training clients.

407-303-4400 | CelebrationFitness.com



400 Celebration Place | Celebration, FL 34747
Located inside AdventHealth Celebration

