

Worthman Fitness Center

Services and Program Packages

Services	Employee Cost	Member Cost
Body Composition Check (includes 5 girth sites, body fat percentage and body mass index)	\$5.00	\$5.00
Exercise Prescription Accountability Program	\$5.00	\$5.00
Technique Review (15-minutes)	\$5.00	\$5.00
10-Minute Drop-In Core Session	\$5.00	\$5.00
20-Minute Service Consult	\$10.00	\$10.00
Personal Training Session (30-minutes)	\$10.00	\$10.00
Health Coaching Session (30-minutes)	\$10.00	\$10.00
Readiness to Change Behavioral Assessment	\$15.00	\$15.00
Fitness Assessment	\$15.00	\$15.00
Balance Assessment	\$15.00	\$15.00
Packages	Employee Cost	Member Cost
Readiness to Change Behavioral Assessment + Fitness Assessment	\$20.00	\$25.00
8 Health Coaching Sessions	\$50.00	\$70.00
8 Personal Training Sessions	\$50.00	\$70.00
6 Personal Training Sessions + 3 Health Coaching Sessions	\$60.00	\$80.00

Body Composition Check: This assessment will include 5 girth measurements (chest, waist, hip, arm and thigh) along with a body composition check and body mass index calculation. This is a great way to track your progress, whether you're working to reach a weight goal, gain muscle mass or lose inches.

Exercise Prescription Accountability Program: Looking for someone to hold you accountable? This is the program for you! You and your exercise specialist will set up a workout schedule. You will report in to your exercise specialist before each session (accountability!) where they will have your personalized exercise prescription. From this point they will be available during your workout time to address any questions or concerns you may have regarding exercise and to help you to stay committed to your workouts.

Technique Review: Questioning your lift technique? Whether you're on the strength machines, using free weights or simply doing body-weight exercises, they all need to be performed with proper technique to get the full benefit and reduce the risk of injuring yourself. These sessions will be scheduled in 15-minute increments and used to review whatever exercise(s) you're questioning.

10-Minute Drop-In Core Session: Everyone has time for 10-minutes of CORE! The best part is that these can be scheduled ahead of time or done on the spot. Make an appointment or just drop in and ask one of our instructors on staff to take you through a quick core routine. This is a great way to start or end a solid workout.

20-Minute Service Consult: This consult is for those individuals that are wanting to work toward a health or fitness goal, but they're not quite sure how to go about getting there. Sit down with one of our staff members to talk about what services or programs would be most beneficial for you.

Personal Training Session: Work with a certified personal trainer or coach to help you progress toward your fitness goals with these one-on-one personalized workouts.

Health Coaching Session: One of the hardest things to do in the world is make a change. Health coaching includes the best known methodologies that highlight a client's internal strengths, positive attributes and external environments to allow for the change process to occur. Let us help you discover how to live healthier with more energy, purpose and mental vigor.

Readiness to Change Behavioral Assessment: The Readiness to Change Assessment can be used with clients to prioritize the behaviors they want to change and rate their confidence in their ability to make the change. Using techniques that prematurely encourage new behaviors can discourage change. To avoid setbacks, it is valuable to first consider what stage of change one is in, prior to engaging in a new behavior. Assessments and direction will be reviewed with the client.

Fitness Assessment: This is a series of fitness tests that will help assess your physical fitness level. Tests will include a 3-minute step test to assess cardiovascular fitness, a push-up test to measure upper body strength and endurance, a curl-up test to evaluate abdominal strength and endurance and a sit-and-reach test to gauge flexibility of the lower back and hamstrings.

Balance Assessment: This assessment is geared toward individuals over the age of 60. It will consist of two functional fitness assessments along with a consult to go over results and, if appropriate, discuss ways in which balance could be improved.