

## PERSONAL TRAINING PACKAGES

Let our experienced trainers help you get your desired results in the least amount of time.

**1 session**  
\$40

**5 sessions**  
\$175

**10 sessions**  
\$300

**15 sessions**  
\$375



## FREQUENTLY ASKED QUESTIONS

### HOW DO I SIGN UP?

Come in to tour the facility, review your membership options, and fill out a few very brief information sheets. At that time, we will schedule the first orientation meeting with your personal trainer. **Now join ONLINE!**

### ARE THERE ANY AGE RESTRICTIONS?

Fitness center and exercise equipment use is restricted to those 10 years and older. Members age 10-15 are required to take our Teen Basic Training Course before using fitness center unsupervised.

### I HAVE LITTLE TO NO EXERCISE EXPERIENCE, WHAT ASSISTANCE IS AVAILABLE TO ME?

Village Fitness staff consists of exercise physiologists with advanced degrees and nationally accredited certified personal trainers. When you join, you will meet with our trainers to develop a safe and effective program specifically tailored to your needs. Our staff is on hand throughout the day to ensure our members are exercising safely and to answer any questions you may have.

### MAY I FREEZE MY MEMBERSHIP\*?

Members purchasing a 12-month or EFT membership may freeze their memberships during periods of prolonged absence. A nominal monthly maintenance fee applies. New York State law provides for additional rights for membership suspension or termination.

*\*Consult a staff member for additional information.*

## AVAILABLE SERVICES

**Best Equipment/Best Trainers:** No other local facility features nationally certified fitness professionals ready to assist you in achieving your goals! Equipment includes treadmills, elliptical trainers, exercise bikes, rowing ergometers, selectorized weight circuit and free weights.

**Group Exercise Program:** Cardiovascular, Yoga, Pilates and aerobic classes. Many other group program offerings.

**Physical Therapy:** Gananda-Walworth PT's knowledgeable and friendly staff specializes in rehabilitation of orthopedic, sports, and work-related injuries. Morning, Evening and Saturday appointments are available.

**Athletic Training:** We're the official providers of athletic training services to the Gananda school district.

**Personal Training:** Village Fitness' personal trainers are available to guide your wellness journey, at a cost that won't break the bank.

**Massage Therapy:** featuring Matt Martyniuk, LMT.

**Wellness products:** Check out our selection of sports-wear, braces, crutches and ambulation aids, topical analgesics, exercise equipment, and many other wellness and rehabilitation products at affordable prices.

**Sports Performance Training:** Our Certified Strength and Conditioning Specialist will design a year-round training program to improve strength, power, speed and agility. Team rates are also available.

**Nutritional Counseling & Weight Loss Programs:** featuring Diana Wojnowski, RD, CDN. Work with our registered dietitian to design a diet program based on your health status and fitness goals. Metabolic testing also available.

**SATISFACTION GUARANTEED!**

All Village Fitness memberships come with a **10-day 100% money back guarantee AND are fully transferable to another person without a fee.**

**Village Fitness at Gananda-Walworth  
Physical Therapy**

1218 Mayberry Place • Macedon, NY 14502

Phone: 315-986-1528

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[www.villagefit.com](http://www.villagefit.com)

**Gananda-Walworth  
Physical Therapy**



**VILLAGE FITNESS**

GETTING BETTER - STAYING BETTER - LIVING BETTER



AYING BETTER - LIVING  
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Our mission is to **ENHANCE** the wellness of our **COMMUNITY** by providing the means to get better, stay better, and live better.



### HOURS OF OPERATION

The facility will be open daily, except major holidays, as follows:

Mon-Thurs 5:30AM—9:00PM	Fri 5:30AM—8:00PM
Sat 7:00AM—1:00PM	Sun 8:00AM—3:00PM

Village Fitness was developed by *licensed* physical therapists and *certified* fitness professionals to make wellness more **ACCESSIBLE** and personal. We are **COMMITTED** to helping the ordinary individual achieve

*EXTRAORDINARY results.*

### DISCOUNT PROGRAMS

The following groups are eligible for 10% off regular fitness membership rates only (may not be combined with other offers or promotions, family or executive plans):

- Full-time grade/high school or college students with ID
- Senior citizens (over 65)
- Volunteer firefighters/police, EMT, Active Military

### NEW MEMBER PACKAGE

NOW only \$29

Because we care that our members exercise in as safe and effective manner as possible, we require a new-member orientation. The package includes:

- Facility tour and orientation
- Health history and screening & exercise program development based on the individual fitness goals
- 3 personal training sessions to implement and adjust the program

*This requirement may be waived for persons with at least 1 year of exercise/weight training experience, or for patients of Gananda-Walworth Physical Therapy transitioning to an independent fitness program.*

### INDIVIDUAL MEMBERSHIP OPTIONS

Membership	PRICE	NEW MEMBER PKG.	GROUP FITNESS UNLIMITED	FREE T-SHIRT	JOINING FEE	MEMBERSHIP FREEZE
Exec. EFT <sup>1,2</sup>	\$69/mo	Included	<b>FREE</b>	✓	Waived	✓
Standard EFT <sup>2</sup>	\$37.95/mo	Included	<b>FREE</b>	✓	Waived	✓
12-month	\$449	Included	<b>FREE</b>	✓	Waived	✓
3-month	\$129	\$29			\$25	
Month 2 Month EFT <sup>3</sup>	\$42.95/mo	Included	1-Month <b>FREE</b>	✓	\$25	✓
1-month	\$47.95	\$29			\$25	

*\*Additional restrictions and eligibility criteria may apply for membership. Please consult our staff for details*

<sup>1</sup>Monthly savings of over \$100 for included services. Save even more when paid-in-full, only \$799

<sup>2</sup>Requires minimum 12-month commitment; membership remains active until cancelled. Early termination fee of \$100 OR transfer without fee.

<sup>3</sup>No term length commitment; membership remains active until cancelled. A \$29 fee for the New Member Package applies if cancelled within 3 months.

### MEMBERSHIP PLANS AND FEES

Regular fitness memberships include unlimited access to the fitness center facilities. Group fitness exercises classes (watch for our schedule), included for no additional charge in all 12-month programs.

Memberships also include access to staff for questions and consultation, however personal training services must be purchased separately.

### EXECUTIVE MEMBERSHIP—NEW!!

For the working professional who prefers the ultimate wellness experience! Extra perks include two one-on-one personal training sessions and a half-hour massage per month, unlimited group exercise classes and your own personal locker. A great value that will make you look and feel your best!

### FAMILY PLANS\*

1 Parent = \$59/month  
2 Parents = \$79/month

Includes all children thru college age.

\*ASK STAFF FOR MORE DETAILS

### JUNIOR MEMBERSHIP

Available to kids ages 10-15. upon completion of Teen Basic Training Course.

1 month = \$30  
3 month = \$79  
1 Month EFT = \$25

