

A Private Program

If your interested in more than an orientation, a trainer will develop an exercise program specifically to fit your goals that you will be able to follow for 8 weeks.

\$30.00 per session

In Phase I of this package you will receive:

- 1 Personal Training Session
- Personal Exercise Program (8 weeks)

Strength in Numbers

We will also be offering personal training for small groups having similar fitness goals. Not only do you get to exercise with friends or family, but you get to do so at a reduced cost! \$10.00 per session

Our programs will focus on mobility, flexibility, strength training and cardiovascular training.

OUR CENTER

The center is a 4300 square foot facility equipped with free weights 19 weight machines, 23 pieces of cardiovascular equipment, as well as a knowledgeable and friendly staff.



*FHS Wellness Center
115 A Street
Framingham, Ma
508- 620-4963 Ext 1055*

OUR WELLNESS MISSION

Research continually shows the abundance of benefits that exercise offers to reduce the risk of heart disease, diabetes, obesity and osteoporosis, among other adverse health conditions.

Studies also show that regular exercise boosts energy, enhances mood, improves stress management, decreases insomnia and contributes to a more satisfying quality of life.

The Wellness Center exists to provide a fun, friendly, and comfortable health and wellness experience.



PHYSICAL WELLNESS

Physical wellness encompasses a variety of healthy behaviors including adequate exercise and proper nutrition. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy habits today will not only add years to your life but will enhance the enjoyment and quality of those years. Tips for optimal physical wellness:

- Strength train 3-5 days per week
- Get adequate rest
- Learn to recognize early signs of illness
- Perform cardiovascular exercise daily
- Eat a variety of healthy foods
- Control your meal portions

EQUIPMENT ORIENTATIONS

Orientations consist of an introduction to the different pieces of equipment including how they work and how they can be adjusted to fit you personally.

These appointments can be scheduled for an individual or in groups (2-6 people). Equipment orientations are 30 to 45 minutes in length and are free to all members, so call 508- 620- 4963 ext 1055 to schedule your orientation

We will also be offering a different workshop each month for our members at no cost.

These clinics will focus on a new topic each month such as mobility, flexibility, nutrition, strength, and cardiovascular training.