



# *Framingham High School*

115 A Street, Framingham, MA 01701  
phone: 508.620.4963 fax: 508.877.6603  
Wellness Center: 508.620.4963 Ext 1055

## *Wellness Center Membership Benefits*

With your new membership to the Framingham High School Wellness Center you will receive the following complimentary services.

- A Cardiovascular and Strength Training Machine Orientation.

This orientation will take place on Monday or Wednesday evenings at 6:15pm. This orientation is designed to educate new members on the various types of cardiovascular machines as well as the strength training machines. Please schedule in advance at the front desk.

Or

- An Individual Program Design

For those members interested in a program more specific to their goals, we offer an individual program design. This program will take into consideration the members' wellness goals. We will then design a strength training program for you. Monday or Wednesday evenings at 6:15pm. Please schedule in advance at the front desk.

- A Quarterly Member Wellness Clinic

The wellness center staff will be offering educational seminars on the importance of a variety of topics. These topics include strength training, cardiovascular training, mobility, flexibility, and nutrition. The date and time of the clinic will be posted

We will also be offering the following services for a nominal price.

- Small Group Training

The focus of this training will be to introduce members to the benefits of personal training in small groups. Groups consist of 3-6 members and will focus on strength training, cardiovascular training, mobility and flexibility. Please sign up one day in advance. Price \$10.00 per person for each session. Sessions will take place on Tuesday and Thursday evenings at 6:15pm and will last one hour.

- Private Training

For those members interested in a one-on-one training experience, we will be offering private training. These sessions will focus on the individual goals of the member and can be scheduled one day in advance. Sessions are \$30.00 per session and are scheduled upon availability. Sessions last one hour.