

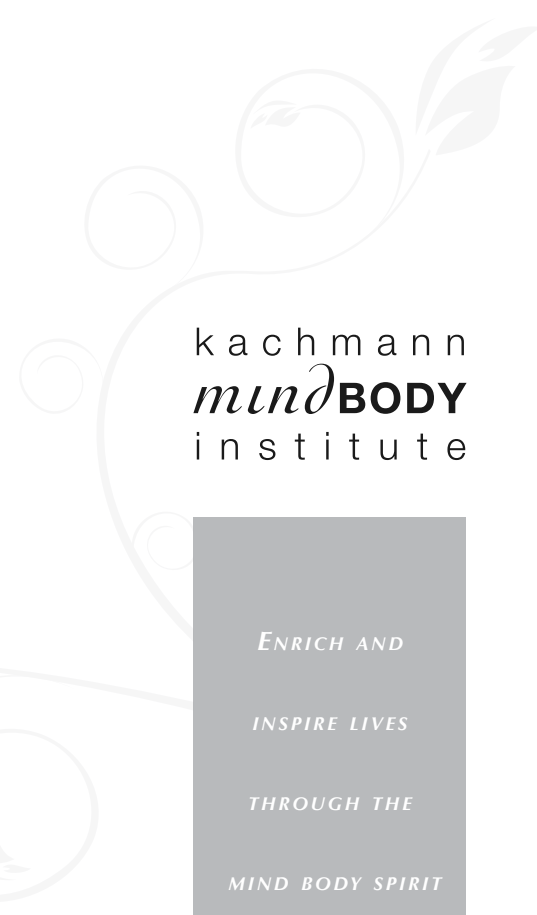
JEN

“With the personal training sessions, I received lots of nutritional information that helped me change my eating habits to become a healthier individual. I truly believe my trainer wanted me to be successful just as much, if not more, than I did. For that reason alone I thank her!”



TERRI

“Making exercise a DAILY part of my life has given me so many benefits; it would take pages to name them all. Not only has it given me my health and an outlet for stress, but I can’t even begin to describe the boost in my self-confidence.”



kachmann
*mind***BODY**
institute

ENRICH AND
INSPIRE LIVES
THROUGH THE
MIND BODY SPIRIT
CONNECTION

260-420-YOGA (9642)

KachmannMindBody.com

Downtown Fort Wayne:

1301 Lafayette Street, Fort Wayne

Lutheran Hospital:

7900 West Jefferson Boulevard, Fort Wayne

PERSONAL
TRAINING
PROGRAM

CHANGE YOUR
LIFE



The Kachmann Mind Body Institute is dedicated to personally changing lives through fitness, nutrition, and wellness. Having a Certified Personal Trainer is the most effective way to get in shape. Schedule an appointment today and begin your journey to success.

*“CHANGE STARTS WITH
A DECISION, A DECISION TO LIVE
A HEALTHIER LIFE.”*

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HOW IT WORKS



To begin, you will have a client evaluation and fitness assessment. This helps your Personal Trainer understand your exact needs and capabilities.



Next you schedule your individual fitness training sessions with your trainer. Generally you meet with your trainer twice a week for 1 hour.

In that hour you will spend time examining your nutritional intake, weigh in, take measurements, have questions answered and engage in a workout designed to help you reach your goals.

FITNESS ASSESSMENT INCLUDES:

- CLIENT SCREENING
- QUESTIONNAIRE
- HEALTH RISK QUESTIONNAIRE
- PHYSICAL ACTIVITY READINESS "PAR-Q"
- CARDIOVASCULAR RISK PROFILE
- BODY COMPOSITION & MEASUREMENTS
- QUESTION & ANSWER
- PERSONAL GOALS SCREENING
- GENERAL DIETARY ADVICE
- NUTRITIONAL ANALYSIS
- BEFORE & AFTER PHOTOS

PRIVATE SESSIONS

No more confusing exercise programs. Your trainer will design a specific exercise and nutritional plan just for you. Your trainer will teach you how to eat nutrient rich foods that will repair and restore your body, and rebuild your metabolism. You will understand your body like never before and know exactly what foods will help you stay fit and healthy for life.

In our program you will learn to safely and effectively exercise to rebuild your metabolism and your body. You will also learn a holistic mind body approach to strength training that incorporates yoga, breath work and meditation.

Your Personal Trainer will make sure you are taking the steps necessary to meet all your goals. You will receive support and education in every aspect of your exercise and nutritional program.

All you have to do is have fun and reap the benefits of a healthy lifestyle!

SEMI PRIVATE SESSIONS

Bring a friend and share your personal training session. Together you and a friend or loved one can learn to change your life together. You can support each other every step of the way.

Have your office staff get in shape. Our staff will travel to your business. Group personal training is an affordable way to get in shape with family and friends.

Today, businesses around the world are providing fitness and nutrition counseling for their employees. They realize the extraordinary benefits their employees will experience. The Kachmann Mind

Body Institute is committed to providing wellness, nutrition, and fitness for your organization.



CALL TODAY AND SCHEDULE YOUR FITNESS ASSESSMENT.

PRIVATE PERSONAL TRAINING SESSIONS

1 SESSION	\$75
3 WEEK PLAN / 6 SESSIONS	\$350
6 WEEK PLAN / 12 SESSIONS	\$630
3 MONTH PLAN / 24 SESSIONS	\$1200
6 MONTH PLAN / 48 SESSIONS	\$2100

MONTHLY PAYMENT PLAN

3 MONTHS / \$150 DOWN <i>(3 MONTH COMMITMENT)</i>	\$350/MO.
6 MONTHS / \$350 DOWN <i>(6 MONTH COMMITMENT)</i>	\$300/MO.

SEMI PRIVATE TRAINING SESSIONS

1 SESSION FOR 2 PEOPLE	\$100
3 WEEK PLAN / 6 SESSIONS FOR 2 PEOPLE <i>PER ADDITIONAL PERSON (OVER 2)</i>	\$400 +\$25
6 WEEK PLAN / 12 SESSIONS FOR 2 PEOPLE <i>PER ADDITIONAL PERSON (OVER 2)</i>	\$700 +\$50

~ PACKAGES CAN BE USED AT ALL LOCATIONS
 ~ ALL PACKAGES INCLUDE A FITNESS ASSESSMENT AND ARE 1 HOUR SESSIONS
 ~ ALL CLASS PACKAGES ARE NON-TRANSFERABLE AND NON-REFUNDABLE
 ~ GIFT CERTIFICATES AVAILABLE

TRIP TO THE GROCERY

HAVE A PERSONAL TRAINER ACCOMPANY YOU TO THE GROCERY STORE TO FIND HEALTHY FOODS. \$45

HOME GYM SET UP

HAVE A PERSONAL TRAINER DESIGN A HOME GYM TO FIT YOUR BUDGET AND LIFESTYLE. CALL FOR A FREE ESTIMATE 260-420-YOGA (9642).

