

## The Hawk Fitness Center Programming/Pricing

### Fitness Center Orientations

- In order to feel safe and comfortable at The Hawk, all new Passholders and Fitness Center participants have the opportunity for one *free* Fitness Orientation (\*Required for ages 12-16). Check with Fitness Center staff for orientation availability.
  - A fitness orientation is an informational session, typically 30 minutes in length that will provide you with the basics of how to use the weight machines and cardio equipment.
  - Also provided is a review of general fitness information, safety, and rules of the Fitness Center. If interested, you will be provided fitness program information and schedules as well.

### Healthy Living Coaching

- What is Healthy Living Coaching? Healthy living coaches are a great option for health seekers at The Hawk. A healthy living coach is not a personal trainer, a counselor, or a dietitian.
  - Healthy living coaches offer clients judgement-free support and help with the development of sustainable strategies to promote overall health, fitness, and well-being.
  - Using SMART goals (Specific, Measurable, Attainable, Relevant, and Timely) healthy living coaches help you with the tools you need to succeed on your health and fitness journey.
  - Healthy living coaching is the collaboration between the coach and client to achieve goals. Depending on their specialization or certification, healthy living coaches offer a broad approach to assisting clients with wellness strategies.
  - Connecting clients with programs and services at The Hawk is key in helping stay on track as they make lifestyle changes. Personal training, small group training, and group exercise classes may be great options to help with achieving goals. Your healthy living coach is here for you. Sign up today! Register at The Hawk or online.

Rates per Session	Passholder	Resident	Non-Resident
	\$35	\$40	\$45

\*'Check-up' sessions are 40 minutes after initial one-hour session.

### Personal Training

- Safely achieve your goals at The Hawk! Our Certified Personal Trainers use their experience, knowledge, and expertise to design a personal program for you specifically. This ensures a quality experience where clients feel confident that they are receiving top notch instruction based on their individualized needs. The Hawk Personal Trainers provide a safe and valuable experience where clients will see the results they desire. Traditional personal training, cardiovascular health, strength, functional fitness, flexibility and mobility, athletic development, post-rehab, and other fitness components are available during your personal training experience at The Hawk.

Rates per Session	Passholder	Resident	Non-Resident
Individual	\$60	\$65	\$70
Partner	\$45 per client	\$47.50 per client	\$50 per client
Trio/Quad	\$35 per client	\$37.50 per client	\$40 per client

\*Sessions are approximately 50 minutes. Please warm up accordingly prior to session.

### Personal Training Packages

- Personal Training packages available at The Hawk! This allows for you to build in accountability and consistency to your training routine. New, first time clients with a 5 or 10 session package (paid in full) get a 45-minute complimentary consultation/assessment to help establish your goals for your fitness journey. Sign up today! Register at The Hawk or online.

Rates per Package	Passholder	Resident	Non-Resident
Individual 5 Sessions	\$300	\$325	\$350
Individual 10 Sessions	\$570	\$620	\$665
Partner 5 Sessions	\$225 per person	\$237.50 per person	\$250 per person
Partner 10 Sessions	\$430 per person	\$450 per person	\$475 per person
Trio/Quad 5 Sessions	\$175 per person	\$187.50 per person	\$200 per person

\*Trio/Quad 10 session package not available. Note: Partner, Trio and Quad clients must attend sessions together or will forfeit scheduled sessions missed. Sessions are non-refundable and unused sessions expire 6 months after purchase date.

### Small Group Training

- Small group training has become popular due to the benefits of working in a group. When people start exercising in a group, they establish relationships and make friends with others, helping them become regular participants in group activities. This builds accountability and consistency, which leads to results! Small group training provides a cost-effective way for people to experience the benefits of working with a certified fitness trainer.
  - The Hawk small group trainers are experts in functional fitness training. Workouts are designed to train your muscles to work maximally together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. Sign up today! Register at The Hawk or online.

Rates per 6 Week Session	Passholder	Resident	Non-Resident
6 Weeks	\$90	\$105	\$120

\*No drop-ins allowed; minimum of 5 participants, 45 minutes classes, make up classes per instructor discretion (i.e., bad weather, holidays).

### Group Exercise Classes

- Group exercise classes are a great way to find motivation and accountability. The best way to motivate yourself to push through that extra rep is by having other people by your side to cheer you on. Everyone is “in it together” in a group exercise class, which naturally lends itself to community among members. For people who like to be social, this is an important factor. For those who are competitive, the social aspect is valuable because with a little camaraderie comes friendly competition, pushing you to work harder. Group exercise is perfect for days when your workout motivation is low, and you’re looking for that extra boost.
  - The Hawk group fitness trainers are part of the team to help you safely reach your fitness goals and to add variety to your workout. Purchase your ‘Group Ex Flex Pass’ today! The Group Ex Flex Pass provides you with the flexibility to choose from a variety of group exercise classes at The Hawk. The pass count is only deducted for the classes that you reserve/attend. Register at The Hawk.

Drop-in Rates per Class	Passholder	Resident	Non-Resident
	\$7	\$9	\$11
Group Ex Flex Pass 8	Passholder	Resident	Non-Resident
	\$50	\$65	\$80
Group Ex Flex Pass 16	Passholder	Resident	Non-Resident
	\$96	\$126	\$156
Monthly Unlimited Flex Pass	Passholder	Resident	Non-Resident
	\$75/Month	\$90/Month	\$105/Month

\*Class lengths may vary. Flex Passes are non-refundable and expire one year from purchase date. Unlimited Flex Pass does not expire and requires a 30-day notice to cancel. Group Ex Flex Passes may not be applied to personal training, small group training, water aerobics, swim lessons, open/lap swim and/or specialty group exercise classes. Note: A no show will be deducted from your Flex Pass count total.