

# Personal Training Fact Sheet

## ***What can a Personal Trainer do for you?***

- ◆ Increase your energy
- ◆ Decrease your stress and anxiety
- ◆ Increase your metabolism
- ◆ Decrease your risk of cardiovascular disease
- ◆ Increase your self esteem
- ◆ Increase muscle tone
- ◆ Decrease your chances of osteoporosis
- ◆ Keep you motivated
- ◆ And More...

## ***How is Personal Training different at The Hetrick Center?***

You can work one-on-one or in small groups with a Certified Strength and Conditioning Specialist who designs individualized exercise programs for a diverse population of clients. Personalized goals are incorporated into each customized program!

Every piece of equipment at The Hetrick Center can be customized and fitted to your individual physical need and size, offering the safest and most beneficial workout possible!

Personal Training at The Hetrick Center provides you with new, challenging, fun workouts while teaching you proper lifting guidelines all in a supportive and encouraging environment!

***We know you are busy...  
however, now you can make the most of your time  
and effort and achieve the results you want with  
Personal Training at The Hetrick Center!***

<b>500 North Union Street Middletown, PA 17057 Tel: 717.944.2225 Fax: 717.944.0932</b>	<b>1300 Bent Creek Blvd Mechanicsburg, PA 17050 Tel: 717.796.2225 Fax: 717.796.2229</b>
<b>845 Sir Thomas Court Harrisburg, PA 17109 Tel: 717.652.4002 Fax: 717.652.4005</b>	<b>20 North Barbara Street Mount Joy, PA 17552 Tel: 717.492.0303 Fax: 717.492.0309</b>