PERSONAL TRAINING

Alamogordo Physical Therapy & Wellness Center

A Division of RJP Southwest, Inc.

Need to get some excitement back into your workout?

Want some one on one motivation?

Our Staff:

We are dedicated to providing the highest quality direction, instruction, education and training to you. Our personal training services are delivered by professionally certified instructors who are truly passionate about health and fitness and genuinely committed to their client's success.

Our Services:

One-time Fitness Consultation: Provides you with an assessment of your current fitness status, discussion of your fitness goals and written presentation of a personalized fitness routine to help you achieve success independently.

Personal Training Sessions: Available in single sessions or discounted multiple sessions. Sessions include a consultation and fitness assessment, program design,

supported exercise sessions, reassessments, education and encouragement throughout. Depending on your needs and interests we can also include body fat measurements, postural analysis and progress documentation utilizing a digital camera.

Our Policies:

Fees will be collected in advance on or before the date of service.

Bundled training sessions will be paid in advance on or before the date of the first session.

Scheduled sessions may be cancelled and rescheduled at no charge with 24 hour notice. A fee of $25 will be charged for a no-show or less than 24 hour cancellation notice. Any missed appointments should be rescheduled as soon as possible.

Our Fees:

Fitness Consultation & Program Development
$35 plus tax

One Hour Personal Training Session
$35 plus tax

10% Discount on bulk purchase of 6 or more training sessions.

www.nmrehab.com

575-437-3351

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