



516/887-1330

SPORTIME LYNBROOK
175 Merrick Road, Lynbrook, NY 11563
SportimeNY.com/Lynbrook

PERSONAL TRAINING



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SPORTIMENY.COM/LYNBROOK

Silver level membership or higher is required for access to SPORTIME Lynbrook's fitness facilities and programs. SPORTIME offers membership options for every budget and lifestyle. For more information go to www.SportimeNY.com and click on 'Membership'



PERSONAL TRAINING

In one-on-one or in small group sessions, our certified personal trainers will challenge you to help you achieve your fitness goals.

After a thorough evaluation, your personal trainer will introduce you to our state-of-the-art strength training, Olympic and cardiovascular equipment. You will learn the proper techniques for all exercises and you will be motivate you to perform at the highest level possible.

1 on 1 Personal Training

Our experienced trainers will encourage you to test your limits and will motivate you to push out those extra repetitions and sets, while ensuring that you are utilizing proper form and technique for maximum results.

Buddy/Group Training

If you would like to work out with a friend, or with a small group of friends, SPORTIME offers great Group Training packages. Our expert personal trainers will challenge each participant based upon his or her goals and strength levels.

Speed & Agility

Serious athletes can only reach their maximum potential with the support of a world-class strength and conditioning program. Our formula integrates flexibility, stability, strength and power to ensure that you reach your peak performance.

Pilates Reformer

Pilates Reformer training can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body.

TRAINING COSTS

1 on 1 PERSONAL TRAINING	STAFF	DIRECTOR
1 - 1 hr session	\$65	\$75
Try 3 - three 1 hr sessions	\$180	n/a
5 - 1 hr sessions	\$300	\$350
10 - 1 hr sessions	\$575	\$650
1 - ½ hr session	\$32	\$37
5 - ½ hr sessions	\$160	\$185
10 - ½ hr sessions	\$300	\$365

BUDDY TRAINING	STAFF	DIRECTOR
1 - 1 hr session	\$38/pp	\$40/pp
10 - 1 hr sessions	\$350/pp	\$400/pp

GROUP TRAINING - 1 HR	STAFF	DIRECTOR
1 Month (8 sessions)	\$280/pp	\$320/pp
2 Month (16 sessions)	\$525/pp	\$600/pp
3 Month (24 sessions)	\$750/pp	\$850/pp

NOTE: Groups must contain a minimum of 3 people and a maximum of 5 people. Group sessions are held 2X per week; no makeup's; "USE IT OR LOSE IT".

SPEED & AGILITY	
17 weeks	\$325
34 weeks	\$615

PILATES REFORMER	
1 - 1 hr session	\$70
5 - 1hr sessions	\$300
10 - 1hr sessions	\$550