

Carolinas Rehabilitation - PRIME Personal Training Program

CHS Teammate Pricing

PRIME: Personal Responsibility Intersects Meeting Expectations

Offering:

- One-on-one training
- Customized plans to meet your fitness goals
- Convenient hours
- Ability to train in our clinic, in your home or group training at your office

Every client will receive an in depth evaluation. PRIME Evaluation Options include:

- **Health Evaluation (\$35)**
 - Height, weight and body composition measurements
 - Functional movement screen
 - Cardiovascular evaluation
 - Muscular endurance evaluation
 - Nutritional assessment
- **Performance Evaluations (\$45)**
 - Height, weight and body composition measurements
 - Functional movement screen
 - VO2 MAX evaluation
 - Muscular endurance/strength evaluation
 - Lower/upper body power testing
 - Speed and agility testing
 - Nutritional assessment
- **60 Minute Exercise Evaluation (\$55)**
 - Review current exercise program
 - Exercise technique education
 - Modify current program as needed

PRIME Package Options*

Prime 1	Prime 6	Prime 12	Training Bundles
\$ 85	\$325	\$570	Bundle 6- \$295 Bundle 12- \$540
Includes evaluation and one 60 minute workout session	Includes evaluation and six 60 minute workout sessions	Includes evaluation and twelve 60 minute workout sessions	Can purchase these after evaluation is completed

*all packages include 4, 6 or 8 week training programs

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Carolinas HealthCare System