

# Powell Fitness

What do we offer?

Contact:  
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Powell Fitness  
3605 W. Powell Rd.  
Powell, Ohio 43065

4000 sq ft air conditioned personal training facility equipped with cardiovascular equipment, strength circuit equipment, and free weights

Functional training area with balls, bands, BOSU trainers, plyometric equipment (agility ladders, step boxes, TRX trainer, etc...)

Certified male and female trainers with wide array of specialties:

Weight management

Post-rehab training

Functional training

Sports-specific training

On-site licensed massage therapist

On-site physical therapist and PRRT practitioner and instructor

**No membership fees!!!**

Home do-it-yourself kit

\$150

2 ½ hour sessions to develop home exercise program based on using included stability ball and 2 theraband resistance bands

One-on-one personal training

\$30 per ½ hour session

\$55 per hour session

**Recession buster package --- \$500 for 10 one-hour sessions**

Partner and group sessions are also available

No contracts to sign!!!

Let Powell Fitness develop a fitness program designed specifically for you based on your schedule and your fitness needs and goals. Exercise programs only work if they are individually tailored to what your fitness goals are. We will ask you what your specific goals are and then design a fitness plan that will

help you reach that goal by combining nutritional coaching, cardiovascular exercises as well as integrating an individualized strength training program. When all three of these components are combined you then will have the tools to reach your goals. Most fitness programs fail the client because they are not designed exclusively for the client – we will make sure that you are put on your fitness path that will lead to success!!!