

SERVICES AND RATES

PERSONAL TRAINING

*Membership is not required to use training services.

*PT provided by Fit4All NY

60 Minutes

1 session.....\$115
10 sessions.....\$105/ea.....\$1,050

45 minutes

1 session.....\$90
10 sessions.....\$85/ea.....\$850

30 minutes

1 session.....\$70
10 sessions\$65/ea.....\$650

SEMI-PRIVATE TRAINING

*rates are per person (2-4 participants)

60 Minutes

1 session.....\$64.99
10 sessions.....\$59.99/ea.....\$599.99

45 minutes

1 session.....\$54.99
10 sessions.....\$49.99/ea.....\$499.99

30 minutes

1 session.....\$44.99
10 sessions.....\$39.99/ea.....\$399.99

*All Master Trainers are Adaptive Training Specialists with training for special populations.

GROUP TRAINING

6-12 participants (30 minutes)

1 session.....\$44.99
8 sessions.....\$299.99

- ***All sales are final. No refunds!***
- ***24 hour cancellation policy***
- ***In the event your trainer is no longer available you will be assigned a new one.***
- ***All packages expire 12 months after purchase***



VIRTUAL TRAINING

Kibu Platform: \$100/mo

MEMBERSHIP

Private Membership

Month to month –no contract. \$39.99/mo
Paid in full 1 yr contract.....\$450
Daily guest fee for non-member.....\$10

Corporate Gym Memberships

Month to month–no contract ...**\$34.99/mo**
Paid in full 1 yr contract.....\$399
**Must be a tenant at the 1133 building or part of our corporate wellness program
***Group rates available through HR

Training Membership

Month to month.....\$32.99/mo
*No contract or initiation fee.
**Must purchase a 10pk of at least 30-minute sessions each year to receive this special rate

*All memberships have a \$30 yearly maintenance fee billed every November.

PROGRAM DESIGN

3 session program design.....\$299
Session 1: 90 minutes with evaluation
Session 2 and 3: 75 minutes each

IN-HOME TRAINING

Prices vary depending on trainer level and travel time.....\$85-\$150/ea

LOCKERS

Locker rental.....\$7/mo

NUTRITION/WEIGHT LOSS

Contact info@wywnutrition.com for appt
Initial Session.....\$115
Follow Ups\$60

MASSAGE THERAPY

In-Gym Sessions

30 Minutes.....\$60
60 Minutes.....\$100
90 Minutes.....\$130

In-Home Sessions*based on 10 mile radius

30 Minutes.....\$70
60 Minutes.....\$120
90 Minutes.....\$160

The Arena Fitness
1133 Westchester Avenue
White Plains, NY 10604

Membership Inquiries:
(914) 694-4841
email: info@thearena.fit

Personal Training Inquiries (Fit4All NY):
(914) 694-4841
email: info@fit4allny.com

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Program Design:

We will customize a fitness routine based on your individual needs. This program will allow you to exercise properly on your own. Pictures and descriptions of your routine are provided. This is meant to be a tutorial and educational experience for gym members to safely work out on their own.

Session 1: 90 minutes with evaluation.

- Includes target heart rate, body comp/measurements, fitness evaluation, and brief nutrition consultation

Session 2: 75 minutes.

- Outline of program given, proper form and stretching techniques demonstrated

Session 3: 75 minutes (Client must do one session on their own before this session)

- Perform entire workout, review exercise form, and answer questions. Detailed program with pictures given.

Trainers:

Trainers must hold at least 1 accredited certification and has completed our nationally recognized 3 month internship. These trainers are by no means second rate, they are just new graduates of our program. The majority of our trainers hold a degree in the field, have at least 1 year experience and have completed all required continuing education courses. These trainers can work with anyone from rehabilitation to performance enhancement.

All personal trainers are required to complete courses from our internship program developed by Dr. Robert Inesta, Fit and Functional, and our board of educators. Staff must complete approved external courses and seminars in addition to meeting annual certification requirements. Trainers at Fit4All NY learn science so that they actually understand how things work and how to design programs based on client needs. Through our experience, we have found that even the so-called “experts” are basing programs on principles from the 1950s and are not educated on current research. Another issue in the industry is that people mistake experience for expertise. Our unlimited access to a courses in a nationally recognized education program allows Fit4All NY provide a quality trainer that is 30% cheaper than the same trainers who worked in a big box gym. We hold our staff to a higher standard because we can.