



FITNESS WITH ERIKA



Collier Community Center • 5 Lobaugh Street, Oakdale, PA 15071 • 724-693-0780

FITNESS ASSESSMENTS - FORM & TECHNIQUE

One on one assessment, taking a little over an hour to educate the client on proper form & technique for fundamental exercises such as squats, lunges, planks, etc. Additionally, nutrition & workout tips will be discussed.

(To be scheduled with Erika)

Fees: \$85 Members | \$95 Non-Members



PERSONAL TRAINING

One on one individualized workout, choice of 30 minutes or an hour. Fitness Assessment purchased prior to training preferred but not required.

(To be scheduled with Erika)

Hour Session Fees: \$75 Members | \$85 Non-Members

30 Minute Session Fees: \$40 Members | \$45 Non-Members

