Do you offer packages or memberships for personal training clients?

Personal Trainer FAQs · https://physeq.com/phys-eq-faq/do-you-offer-packages-or-memberships-for-personal-training-clients/

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At Physical Equilibrium, we understand the importance of providing flexible options for our personal training clients. We offer packages of personal training sessions if you want to buy in bulk and we don't require a membership like most gyms around. Check out the frequently asked questions below to learn more:

1. What types of packages do you offer?

We offer a variety of packages to cater to different fitness levels and objectives. Whether you're a beginner looking to kick-start your fitness journey or an experienced athlete aiming for specific goals, we have packages designed just for you. We can package together personal training, Pilates, nutrition consulting, running and triathlon coaching, massage, and/or acupuncture if you want to use multiple services at the same time.

2. How do I choose the right package for me?

Choosing the right package depends on your individual goals, availability, and budget. Our knowledgeable trainers are here to guide you through the selection process. They will take into account your fitness level, preferences, and any specific needs you may have to recommend the

most suitable package.

3. Can I customize my package?

Absolutely! We understand that everyone's fitness journey is unique. That's why we offer the flexibility to customize your package. Whether you want to focus on strength training, weight loss, or rehabilitation, we can tailor a package specifically for you.

4. No membership fees!

When you train at Physical Equilibrium, you only pay for the services you use. No monthly membership fees added on top of your private or semi-private sessions. You have access to the gym amenities (private showers, towels, water, cardio equipment for warm up/cool down) when you come for your private or semi-private session.

5. How can I sign up for a package?

Signing up for a package is quick and easy. You can contact us at +1(917) 873-6100 or visit our website to schedule a consultation so we can discuss your goals, current fitness level and figure out an appropriate trainer or practitioner for your needs. Fill out our CONTACT PAGE HERE. Our friendly team will guide you through the registration process and assist you in selecting the best option.

We hope this FAQ has provided you with valuable information about our packages and no membership fees! Remember, at Physical Equilibrium, we're not just a gym – we're a community committed to helping you achieve your health and fitness goals. Join us today and experience the difference!