

PERSONAL FITNESS TRAINING



If your shape of things to come includes fab abs, glorious glutes, and perfect pecs, you'll jump at this chance to work with a personal trainer to get results from your exercise program. Find out how to start or fine tune your workout to improve your strength, endurance, and technique...maximize your fitness investment...and stay motivated.

- Begin with a fitness evaluation and consultation with a certified personal trainer
- Set short and long term goals and receive a written, custom exercise program to help you reach them
- Learn to use the proper equipment; make your workouts safe, fun, and effective
- Fitness trainer comes directly to your home for your convenience

Your Gift Locations*

At Your Home in Manhattan
New York, NY

Availability

Year round, 7 days a week

Duration

1 hour

Essential Information

Minimum age is 5 years old; participants must be in good medical condition

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-02-186-A