

# 24 hour fitness personal training cost

## Decoding the 24 Hour Fitness Personal Training Cost: A Comprehensive Guide

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### Introduction:

Understanding the 24 Hour Fitness personal training cost is crucial for anyone considering investing in professional guidance to achieve their fitness goals. This comprehensive guide will delve into the various factors influencing the price, providing you with the knowledge to make an informed decision. The 24 Hour Fitness personal training cost is not a one-size-fits-all figure, and this article will illuminate the nuances involved.

### Factors Affecting 24 Hour Fitness Personal Training Cost:

Several key factors significantly impact the 24 Hour Fitness personal training cost. These include:

1. **Trainer Experience and Certifications:** The 24 Hour Fitness personal training cost will generally reflect the trainer's qualifications and experience. More experienced trainers with specialized certifications (e.g., strength and conditioning, sports nutrition) tend to command higher fees. A beginner trainer will likely have a lower 24 Hour Fitness personal training cost than a highly experienced and certified professional.

1. Training Package: 24 Hour Fitness typically offers various personal training packages. These packages usually differ in the number of sessions included, the session duration, and the frequency of training. A package with more sessions will naturally increase the overall 24 Hour Fitness personal training cost. Packages might also include additional services, such as nutritional guidance or fitness assessments, influencing the final price.
1. Location: The 24 Hour Fitness personal training cost can vary based on the gym's location. Gyms in affluent areas or major metropolitan cities might have higher pricing structures compared to those in smaller towns or suburban locations. This is due to factors like higher operating costs and market demand. Therefore, researching the 24 Hour Fitness personal training cost at your specific location is essential.
1. Promotional Offers and Discounts: 24 Hour Fitness often runs promotions and offers discounts on personal training packages. These deals can significantly lower the 24 Hour Fitness personal training cost, making it more accessible. It's always wise to check for current promotions before committing to a package.
1. Add-on Services: Additional services like nutritional consultations, fitness assessments, or customized workout plans beyond the standard training sessions can increase the 24 Hour Fitness personal training cost. These extras should be considered carefully based on individual needs and budget.

#### Estimating the 24 Hour Fitness Personal Training Cost:

While precise pricing information is best obtained directly from your local 24 Hour Fitness, general estimates suggest that individual sessions can range from \$50 to \$150 per hour. Packages, however, often provide a more cost-effective approach. A package of 10 sessions might cost anywhere from \$500 to \$1500 depending on the factors mentioned above. It's strongly recommended to contact your local 24 Hour Fitness directly to inquire about current pricing and available packages to determine the exact 24 Hour Fitness personal training cost.

#### Alternatives to 24 Hour Fitness Personal Training:

If the 24 Hour Fitness personal training cost proves too high, several alternatives exist:

**Online Personal Trainers:** Online personal training offers a more budget-friendly option, often with lower hourly rates than in-person training at 24 Hour Fitness.

**Group Fitness Classes:** Group fitness classes are generally cheaper than one-on-one training and still provide structured workouts.

**Independent Personal Trainers:** Exploring independent personal trainers who don't work directly with 24 Hour Fitness might offer competitive pricing.

#### Making the Most of Your Investment:

Regardless of the 24 Hour Fitness personal training cost, maximizing your return on investment requires commitment and engagement. Communicate clearly with your trainer regarding your fitness goals, limitations, and preferences. Actively participate in all sessions, follow the recommended workout plan, and maintain consistent communication to track progress and adjust strategies as needed.

#### Conclusion:

The 24 Hour Fitness personal training cost varies significantly based on various factors. While it may represent a considerable investment, the potential benefits in terms of fitness progress, injury prevention, and overall well-being can be substantial. Careful consideration of all factors, coupled with thorough research and comparison shopping, will enable you to make an informed decision that aligns with your budget and fitness goals. Understanding the 24 Hour Fitness personal training cost is the first step towards achieving your health and wellness aspirations.

#### FAQs:

1. Does 24 Hour Fitness offer free consultations before committing to personal training? This varies by location; contact your local gym to find out.
1. Can I pay for 24 Hour Fitness personal training in installments? Payment options vary; check with your local gym for details.
1. Do I need to be a 24 Hour Fitness member to utilize their personal training services? Generally, yes, although some gyms might have

different policies.

1. What is the cancellation policy for 24 Hour Fitness personal training packages? Cancellation policies vary; review the contract carefully before signing.
1. How do I choose the right personal trainer at 24 Hour Fitness? Read reviews, check certifications, and schedule consultations to find a good fit.
1. Can I use my HSA or FSA funds for 24 Hour Fitness personal training? This depends on your insurance plan; check with your provider.
1. What if my trainer isn't a good fit? Can I switch trainers? Many gyms allow for trainer changes; check their policies.
1. Does 24 Hour Fitness offer any discounts for students or seniors? Some locations offer discounts, check locally.
1. What is included in a typical 24 Hour Fitness personal training session? Sessions usually include a warm-up, workout tailored to your goals, and a cool-down.

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9. **The Long-Term Impact of 24 Hour Fitness Personal Training on Health and Wellness:** This article examines the lasting effects of personal training on physical and mental well-being.

**24 hour fitness personal training cost:** *Athletic Body in Balance* Gray Cook, 2003-05-05 Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. *Athletic Body in Balance* is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, *Athletic Body in Balance* focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with *Athletic Body in Balance*.

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achieving your goals.

**24 hour fitness personal training cost: Insiders' Guide® to Houston, 2nd** Laura Nathan-Garner, 2012-10-02 For more than twenty years, the Insiders' Guide series has remained the essential source for in-depth travel and relocation information. Written by locals and true insiders, each guide is packed with useful tips on places to stay, restaurants, events, attractions, fun things to do with the kids, nightlife, recreation, shopping, local history, and much more--as well as a comprehensive appendix called Living Here that offers information on real estate, education, health care, and more.

**24 hour fitness personal training cost: NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

**24 hour fitness personal training cost: Business and Sales** Eddie Lester, 2016-12-29 Eddie Lester has helped more than four thousand personal trainers reach their financial goals and grow their businesses. Now, he wants to help you do the same in this new guide to professional success. In *Business and Sales: The Guide to Success as a Personal Trainer*, Lester takes you through every step needed to secure the sale and net a new client. Like your own journey, the guide starts with one of the most important steps: attaining certification. Passion isn't enough to be a personal trainer; you need to show your clients that you are knowledgeable and trustworthy. The next chapters reveal how to create a personal brand, define your niche, target your most important demographic, hone your selling personality and sales pitch, make an amazing first impression, follow up with each client, and calculate a pricing structure. Lester also outlines business checkpoints to help you gauge your progress. His Power Questions can uncover a client's true motivations and empower you to make the sale. The most important concept Lester wants you to learn is discipline. Use the same drive that makes you a successful personal trainer to become just as successful as a business owner.

**24 hour fitness personal training cost: CHOOSING THE RIGHT PERSONAL TRAINER** Pamela Harrelson, 2020-02-18 Let seasoned Personal Trainer and Nutrition Coach, Pam Harrelson, take all the mystery out of Personal Training for you! What does it cost? What will take place? What are red flags in your initial consult? These 15 pages are from twenty three years of working in athletic clubs, obtaining Personal Training educational units, and working with many, many clients one on one. Many trainers incorporate health coaching within the training. Pam has done that for 23 years way ahead of the health coach craze. There is no wrong trainer. There are a variety of approaches from trainers. There is no one size fits all for client programs or that any trainer will be a good fit for a client. This little book will help you get the right fit and feel that your investment in yourself was worth every penny. All trainers have great passion for health and fitness. Their passion is contagious!

**24 hour fitness personal training cost: Two-brain Business 2.0** Chris Cooper, 2015-07-30 If Chris Cooper has a superpower, it's the ability to make mistakes faster than anyone else. Fortunately, none have been fatal, and they can help OTHER gym owners build happier lives. Chris brings a big picture perspective unmatched by anyone else in the industry. After thousands of hours spent one-on-one with gym owners, hundreds of blog posts and more interviews than he can recall, Chris shares his best lessons in the second edition of *Two-Brain Business*. From Australia to Europe to North America, these are what Chris' clients--some of the best gyms in the world--are doing RIGHT. This is the follow-up to *Two-Brain Business*, one of the most popular fitness business books of all time. But its content is all new, with fresh stories, smart ideas and proven tactics. [www.twobrainbusiness.com](http://www.twobrainbusiness.com)

**24 hour fitness personal training cost: Start Your Own Personal Training Business** The Staff of Entrepreneur Media, Cheryl Kimball, 2016-11-21 Personal training is an exciting industry to be in right now! Starting a personal training business can offer a satisfying combination of financial reward, a flexible schedule, and a career where you can make a profound difference in the lives of others. As skilled personal trainer, having good business knowledge and judgment can be the first step to earning a substantial income. In this revised guide, our experts teach you the nuts and bolts of starting a business, including everything from writing a business plan to finding a profitable niche within the exercise and sports community. From boutique studios to partnerships with schools and private trainers, this book will help get you started on the right foot.

**24 hour fitness personal training cost: Sweat Equity** Jason Kelly, 2016-03-29 Go inside the trend that spawned a multi-billion dollar industry for the top five percent Sweat Equity goes inside the multibillion dollar trend toward endurance sports and fitness to discover who's driving it, who's paying for it, and who's profiting. Bloomberg's Jason Kelly, author of *The New Tycoons*, profiles the participants, entrepreneurs, and investors at the center of this movement, exploring this phenomenon in which a surge of people—led by the most affluent—are becoming increasingly obsessed with looking and feeling better. Through in-depth looks inside companies and events from New York Road Runners to Tough Mudder and Ironman, Kelly profiles the companies and people aiming to meet the demands of these consumers, and the traits and strategies that made them so successful. In a modern world filled with anxiety, pressure, and competition, people are spending more time and money than ever before to soothe their minds and tone their bodies, sometimes pushing themselves to the most extreme limits. Even as obesity rates hit an all-time high, the most financially successful among us are collectively spending billions each year on apparel, gear, and entry fees. Sweat Equity charts the rise of the movement, through the eyes of competitors and the companies that serve them. Through conversations with businesspeople, many driven by their own fitness obsessions, and first-hand accounts of the sports themselves, Kelly delves into how the movement is taking shape. Understand the social science, physics, and economics of our desire to pursue activities like endurance sports and yoga Get to know the endurance business's target demographics Learn how distance running—once a fringe hobby—became a multibillion dollar enterprise fueled by private equity Understand how different generations pursue fitness and how fast-growing companies sell to them The opportunity to run, swim, and crawl in the mud is resonating with more and more of us, as sports once considered extreme become mainstream. As Baby Boomers seek to stay fit and Millennials search for meaning in a hyperconnected world, the demand for the race bib is outstripping supply, even as the cost to participate escalates. Sweat Equity, through the stories of men and women inside the most influential races and companies, goes to the heart of the movement where mind, body, and big money collide.

**24 hour fitness personal training cost: Gym Launch Secrets** Alex Hormozi, 2019-03-26

**24 hour fitness personal training cost: Strong Mama** Robin Arzón, 2022-01-11 A New York Times bestseller! Mama and baby make one incredible team in this new picture book from New York Times bestselling author and Peloton instructor extraordinaire Robin Arzón. Before I met you, I dreamed of you. This is the story of how we first met. Ultramarathons. Bike sprints. Squats and deadlifts. Naps. Kitchen dance parties! All of it is in preparation for meeting Pequeno, the “Little One” growing in this strong mama’s belly. From first heartbeats and fluttery kicks to grinning grandparents and that first loud cry -- pregnancy might just be the biggest workout yet! But there's nothing this mom and new baby can't tackle together as a team. New York Times bestselling author and Peloton Head Instructor Robin Arzón takes readers on sweat-packed journey through motherhood in this affirming and heartwarming celebration of mothers and parents everywhere.

**24 hour fitness personal training cost: Personal Training Business** The Staff of Entrepreneur Media, 2016-11-21 Personal Training Business shows you how to create a revenue stream by helping clients build stronger, healthier bodies. This guide features information on how to start a training business, choose a training focus and location, cultivate a client base, and market training services using the latest trends in social media.

**24 hour fitness personal training cost: Ebony** , 2002-10 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

**24 hour fitness personal training cost: Life: at Two Miles an Hour** Steve Wahlquist, 2016-11-18 Steve Wahlquist lost his right leg to cancer just days after he was born. Half a century later, he embarked on a journey few thought he would finish 365 miles on crutches to raise money for kids who, like Steve, had lost limbs and needed help. This is the story of a journey filled with pain, fear, warmth, and triumph, which make this tale as memorable as it is inspiring.

**24 hour fitness personal training cost: Change Your Weights** Gina Paulhus, 2019-01-01 You're probably picking up this book because you've tried or thought of trying countless plans to lose weight and get in shape. It's NOT your fault! It seems like every month there is a buzz about this new fitness trend or that new diet. Think about how many times in the past 20 years you've heard about a new diet or exercise plan: It's impossible to count! If these gimmicks actually worked there would be no reason to have to switch to the next trendy new plan. Aren't you tired of it? These quick-fix programs are a distraction from what you really need to learn in order to take back control of your body. Fad diets come and go, but after two decades of working as a trainer, the principles I teach on how to get in the best shape of your life have stood the test of time. This book contains 199 unique tips that you can apply today—no waiting around for your own personal transformation to start! By following even just a handful of these simple suggestions you can improve your health and finally lose weight for good. You can achieve these results without hunger, without feeling deprived, without having to work out for hours each day and without waving bye-bye to your social life. I teach you how to find the right “weight” for you. I tackle the beast from a number of angles including: --How Friends Can Affect Your Weight (this tip alone can be worth at least 20 lbs!) --Which Supplements are Actually Worth the Money (watch your weight drop while your bank account rises) --How Much Strength Training is Really Necessary for Toning (get more results by doing less!) --How Much Cardio Is Overkill and What to Do Instead (Little-known metabolism hacks revealed.) But beyond the physical, this book will help with the emotional piece too! No more food obsession. No more wondering what you're “allowed” to eat. These 199 proven tactics will invigorate your motivation day after day. And the best part is...You can do it all with your own food and with simple workouts that can be done almost anywhere. If you too are sick of jumping from one 30-Day program to the next only to gain all the weight back and then some more for good measure, this book will be your final weight loss destination. It's time to change your life. Your journey to putting all your fitness struggle baggage in the rearview mirror begins right now--if you choose to purchase this book today.

**24 hour fitness personal training cost: MICHIGAN CURIOSITIES: QUIRKY CHARACTERS** Colleen Burcar, 2012-10-02 Your round-trip ticket to the wildest, wackiest, most outrageous people, places, and things the Wolverine State has to offer! Whether you're a born-and-raised Michigander, a recent transplant, or just passing through, Michigan Curiosities will have you laughing out loud as Colleen Burcar takes you on a rollicking tour of the strangest sites in the Wolverine State. Experience some raucous festivals that celebrate everything from Elvis and Jimmy Buffett to bologna and chicken gizzards. Visit the home of the world's largest burger, where you can still order a 100-pound Goliath burger, topped off with a one-and-a-half-gallon Colossal sundae—and don't forget the 20-inch chocolate chip cookie. Discover where the law of gravity is broken, tour an actual glass house (the ultimate recycling project), and visit some amazing stone “hobbit” houses.

**24 hour fitness personal training cost: The Global Private Health & Fitness Business** Jerónimo García-Fernández, Pablo Gálvez-Ruiz, 2021-04-15 The Global Private Health & Fitness Business shows the globalization of the health and fitness industry, and its different forms of management according to different countries, the objective being to show the various business models in the fitness industry in seventeen countries around the world and explore their methods of marketing.

**24 hour fitness personal training cost: Results Fitness** The Nation's Leading Fitness Pros,

Alwyn Cosgrove, Rachel Cosgrove, 2012-06 The nation's leading fitness pros reveal their top strategies to get you what you really want ... results--Cover.

**24 hour fitness personal training cost:** ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

**24 hour fitness personal training cost:** 24 Hour Fitness John R. Wells, 2005

**24 hour fitness personal training cost:** Foundations of Professional Personal Training Can-Fit-Pro (Organization), Canadian Fitness Professionals Inc., 2022-08-20 Developed and written by canfitpro, this third edition of Foundations of Professional Personal Training contains essential information for building a successful career as a personal trainer and preparing for canfitpro's Personal Training Specialist (PTS) certification.

**24 hour fitness personal training cost:** Skills in the Age of Over-Qualification Caroline Lloyd, Jonathan Payne, 2016-11-10 Across the developed world, most of us who work now earn our living in the service sector. However, the issue of what kind of service economy is sustainable and desirable, both in economic and social terms, is rarely debated. This book argues that this needs to change. National governments have emphasised the role of skills in achieving international competitiveness, higher living standards, and social inclusion. However, even prior to the 2008 financial crisis, problems of over-qualification, skills wastage, and poor job quality were becoming difficult to ignore. This raises important questions about what kind of service sector jobs will be on offer to meet the aspirations of an increasingly qualified workforce and what role can governments play in raising the skills required in jobs and the quality of jobs and services? Work organisation and job design are key factors shaping the skill content of work and the opportunities workers have to deploy their skills and capabilities. Through cross-national comparative research, this book examines whether and why service sector jobs vary across countries. Drawing upon detailed empirical research, the jobs of vocational teacher, fitness instructor, and café worker in the UK, Norway, and France are compared, allowing an exploration of the role of national institutions, sectors, and organisations in shaping work organisation and job quality. The findings contribute to the comparative study of work organisation, the relationship between skills and performance, the role and purpose of education and the prospects for better jobs in 'the age of over-qualification'.

**24 hour fitness personal training cost:** NSCA's Essentials of Personal Training Brad J. Schoenfeld, NSCA -National Strength & Conditioning Association, Ronald L. Snarr, 2021-12-22 NSCA's Essentials of Personal Training, Third Edition With HKPropel Access, is the definitive resource for personal trainers, health and fitness instructors, and other fitness professionals. It is also the primary preparation source for those taking the NSCA-CPT exam.

**24 hour fitness personal training cost:** Just Move! James Owen, 2017 This step-by-step guide, written by a best-selling author and former Wall Street titan, provides all the information--and inspiration--you need to feel better, reduce aches and pains, and push back against aging with a personalized fitness program that's right for you. Whatever your fitness goals or preferences, this book is designed to help you pursue the health program that works for you. An inspirational speaker, author, and former Wall Street rainmaker, Jim Owen was 70 when he decided he had to get fit. Years of a chair-bound lifestyle were taking their toll. Realizing that the old bodybuilding approach was no way to tackle the stiffness, weakness, and aches and pains that come with age, he set off on a journey of discovery and transformation. With help from the experts, he developed a common-sense, step-by-step program that can be tailored to any level of physical ability. Along the way he learned why cardio machines aren't enough, what it takes to be functionally fit for daily life, and how to stay motivated. Today, Owen is in better shape than he was at 25, and he is a passionate evangelist for fitness as a way of life. He has proved that you don't have to be powerless in the face of advancing

years: if you make a commitment to just move, you can take charge of the aging process and make your coming years the best they can be. The book is divided into two sections, with the first providing fascinating information and the second showing step-by-step details of how to put the best fitness principles into practice.

**24 hour fitness personal training cost: *Getting Fit and Staying Fit in Your 40s, 50s and Beyond*** Jim Laabs, 2008-04

**24 hour fitness personal training cost: *The Men's Health Gym Bible*** Michael Mejia, Myatt Murphy, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

**24 hour fitness personal training cost: *Keep It Together*** Kirsten Lagatree, 2007-03-06 For anyone juggling a home, a career, and a social life, Keep It Together offers hundreds of how to's - from organizing a closet to hosting a party; from stocking a pantry to buying stocks; and from finding a physician to healing a friendship. From the mundane household chore to unexpected life challenges, Keep it Together provides expert advice on simplifying everyday responsibilities.

**24 hour fitness personal training cost: *The Business of Personal Training*** Nutting, Mark A., 2019 From marketing and sales to budgets, staffing, and clientele issues, The Business of Personal Training walks you through the business-based side of personal training while teaching you the valuable skills you'll need to start, build, and grow your business.

**24 hour fitness personal training cost: *Advanced Personal Training*** Paul Hough, Brad J. Schoenfeld, 2021-11-22 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This book allows readers to develop their understanding of the scientific rationale behind important components of personal training, such as monitoring fitness and training programme design. Each chapter synthesizes the findings of cutting-edge scientific research to identify optimum training methods and dispel some myths that are prevalent in the fitness industry. The chapters within this new edition have been written by internationally renowned experts from several disciplines, including strength and conditioning, physiology, psychology, and nutrition. Contributions have also been made from esteemed academics who have conducted some of the scientific studies discussed within the book. The authors have interpreted and summarised the scientific evidence and produced evidence-based recommendations, allowing readers to explore the latest concepts and research findings and apply them in practice. The book includes several new chapters, such as evidenced based practice (EBP), and designing training programmes female clients. This second edition remains the essential text for fitness instructors, personal trainers and sport and exercise students. The book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

**24 hour fitness personal training cost: *20 20 Smart Lists*** Shawn Holley, 2020-05-15 Book Delisted

**24 hour fitness personal training cost: *The Complete Book of Personal Training*** Douglas Brooks, 2004 This books is the most comprehensive and authoritative resource for you as a personal trainer, whether you are a newcomer to the field or have a well-established business. The book is truly a complete resource - it's full of information about working with clients and designing

programs, and it's a practical guide to all aspects of the personal training business. .... [It] will help you in all aspects of your profession: learn applicable information on fitness testing and assessment ; identify your clients' goals and create fitness tests specifically for them ; learn how to develop cardiovascular, strength and flexibility training programs ; properly train and help special populations ; understand the business side of personal training, including marketing yourself as a trainer, getting and retaining clients, and learning time management ; learn how to expand your business. - back cover.

**24 hour fitness personal training cost:** *Health Fitness Management* Mike Bates, 2008 This is a comprehensive resource for the management and operation of health and fitness facilities and programmes.

**24 hour fitness personal training cost:** *Tactical Barbell 2* K. Black, 2016-10-10 You have something very valuable in your hands. A lifetime's worth of training knowledge, drawn from the world's most extreme arenas. Lessons learned and best practices from military operators, tactical law enforcement, combat athletes, and others that rely on their physical abilities to survive and thrive in very harsh and unforgiving environments. Where there's more at stake than winning a medal, or getting a bruised ego. It's great having a 600lb squat and 400lb bench press. However, as an operational athlete, if you can't move, work, or thrive for long periods of time in a multitude of energy demanding environments, you are ineffective. Your big bench is useless; your big squat is useless. Tactical Barbell proposes you work towards being a different kind of athlete. The kind that's not only extremely strong, but also highly conditioned. If you look carefully, you'll see these people all around you. That guy on your Emergency Response Team with the 350lb bench press and a sub 9 minute 1.5 mile run. The old Marine Sergeant that can run 6 miles in under 40 minutes followed by 30 dead-hang pull-ups. So how do you get there? It's not what you think. Popular 'bootcamp' style approaches that throw a lot of push-ups and running at you in a haphazard fashion don't work for long. Sure, you'll break a sweat and release some endorphins. You might even lose a pound or two. But take a good hard look at your progress. For all your effort, are you really that far ahead? To make real progress, you have to look to the approaches used by professionals. Train each attribute you're trying to improve in a progressive manner, using the most effective tools for that particular fitness domain. In TB2, you'll find the structured, three-pronged approach to conditioning we take with tactical athletes. It consists of Base Building, followed by a transition to a more specific continuation protocol. Periodic maintenance of lower-priority domains complete the model. TB2 is the premier training manual for tactical law enforcement candidates, soldiers, and other operational athletes. You will be hard pressed to find a more thorough and effective conditioning program. If you're a results-oriented individual looking for concrete, actionable programming based on cutting edge practices, this book is for you.

**24 hour fitness personal training cost:** [Access New York City 11e](#) Richard Saul Wurman, 2004-09-21 Leads you street by street into the heart of the city.

**24 hour fitness personal training cost:** *The Entrepreneur's Guide to Personal Training* IDEA Health & Fitness, 2003

**24 hour fitness personal training cost:** *The Everything Guide To Being A Personal Trainer* Kate Kenworthy, Stephen A. Rodrigues, 2007-03-13 If you love fitness and you're looking for an alternative to the typical 9-5 office job, The Everything Guide to Being a Personal Trainer will help you turn your passion into a career. Opportunities for professional fitness trainers are everywhere-fitness clubs, college athletic programs, even professional sports teams. The Everything Guide to Being a Personal Trainer is a step-by-step guide that will take you from gym rat to fitness guru in no time. This easy-to-follow book progresses from training to certification with tips to help you: Choose a work environment Set up a business plan Find, motivate, and keep clients Learn about marketing and networking Written by two personal-training professionals, The Everything Guide to Being a Personal Trainer is all you need to get started in the exciting, growing field of fitness.

**24 hour fitness personal training cost:** *Stories that Move Mountains* Martin Sykes, A. Nicklas Malik, Mark D. West, 2012-10-02 Learn how to use stories and visuals to make top-notch

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**24 hour fitness personal training cost: New York Magazine**, 1993-07-26 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

**24 hour fitness personal training cost: ACSM's Resources for the Personal Trainer** Trent Hargens, American College of Sports Medicine (ACSM), 2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination, *ACSM's Resources for the Personal Trainer*, 6th Edition, provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence, as well as practicing Personal Trainers who want to take their practice to the next level. This updated edition is fully aligned with the eleventh edition of ACSM's *Guidelines for Exercise Testing and Prescription* and equips readers with the latest practices in client screening, exercise program development, and working with special populations. Published by the American College of Sports Medicine, this top-selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice. Engaging case studies and study features help ensure the retention for success on the ACSM-CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients.

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