## **Fitness and Personal Trainer**

Age Requirements 16-21 , 18 and over Available 24/7 No Family No **Intake Process** Call for information, complete membership application Provider Refer Yes Self Refer Yes **Core Fitness** http://www.corefitnessptc.com/ http://corefitnessptc.com/trial-membership/ Main (757) 564-7311 344 McLaws Circle 23185 VA **United States** Fee Structure Fixed Fee , **Membership Fee** Payment Method(s) Private Pay Languages Spoken English

What is Conditioning? Conditioning is your body's adaptation to new and different physical demands.

CORE Total Conditioning is perfect for individuals of all backgrounds and abilities who are looking to improve general strength, stamina, flexibility, and fitness.

Every member receives a thorough evaluation designed to identify postural imbalances, weaknesses, flexibility restrictions, and movement dysfunction. Weight and body fat measurements are collected in order to set baselines for fat loss clients. Athletes will also perform a series of speed, agility, and power tests to determine the areas that need the most improvement. All this information is used in conjunction with an in-depth discussion of your goals to tailor a program that will ensure that you see results as quickly, safely, and efficiently as possible.

Group class or personal trainer available.

Service Area(s) James City County

Williamsburg City

, York County