



Fitness Programs & Training Services

Philosophy

Becoming physically fit and developing a healthy lifestyle is a personal endeavor. Muskogee Swim & Fitness Center believes that each individual has goals and limitations when it comes to exercise. Motivation affects individuals differently and requires unique programming to fit needs and personalities. We are dedicated to providing the community personalized services through our educated and certified staff. We want to provide a friendly, non-intimidating environment to help meet your fitness goals.

Free - Equipment Orientation:

A complimentary orientation and standard exercise program is offered to all new members upon joining. Our fitness center is always staffed with professionals to assist with using the correct procedure for cardiovascular and weight training equipment.

\$10 - Fit Quick Assessment:

How fit are you? Get a body composition, muscular strength and flexibility assessment in just 15 minutes by our professional staff that will tell you what kind of shape you are in and what improvements can be made.

\$25 - Fitness Evaluation:

A personal fitness evaluation will measure your heart rate, blood pressure, cardiovascular endurance, muscle strength, flexibility and body composition. This comprehensive evaluation will provide a baseline from which to measure progress and results. This will help you formulate an exercise program that meets your needs and obtain your short and long term fitness goals.

\$25 - Program Set-Up:

A Fitness Coordinator will provide an exercise program developed from your fitness goals and introduce you to the equipment used in your program. You will be instructed on proper technique and body mechanics and receive a customized log to record your progress.

\$40 - Exercise Prescription or Gold Card Member:

Two meetings (Four with Gold Card Members) with a Fitness Coordinator consist of a Health Risk Assessment and Fitness Evaluation followed by an introduction to a personalized exercise program developed from your exercise history and fitness goals. You will be instructed on use of equipment in your program, proper technique and body mechanics. Receive a customized log to record your progress. Meet with a Fitness Coordinator every 8-12 weeks for a follow-up consultation.

Wellness Programs:

Muskogee Swim and Fitness provides a comprehensive wellness package to the community. Members can expect a variety of fitness and wellness programs throughout the year. If you have a specific topic that is of interest write it down and submit it to a staff member. We will do our best to design an educational class to best fit your fitness needs.

Fitness Coordinators:

Clint Thomas, CPT

Kent Kamp, CPT

Personal Training Sessions:

Private personal training is available to members of Muskogee Swim & Fitness. The facility recommends that you attend one session per week to help you progress successfully. 30 minute sessions or 45-60 minutes sessions are available. Please see a Fitness Coordinator about group training packages of 2-3 people.

Single sessions:	\$20	One - 30 minute session
	\$30	One - 60 minute session
Packages:	\$108	Six - 30 minute sessions (\$18 per session)
	\$162	Six - 60 minute sessions (\$27 per session)

Personal Trainers:

Jessica Smith, CPT

Sharon Parton, CPT

Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with the plan.

~Tom Landry