PAFC: Fitness Room Programs

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 25% discount on training services.

What is a Personal Trainer or Fitness Trainer (PTr /FTr)? Let's start with the basics: A PTr/FTr can be a coach and cheerleader, standing by to correct your form, and help you believe you can do just a little bit more than you think you can. A PTr/FTr can be a paid exercise partner—someone who exercises alongside you. This could involve workout programs you design yourself or those that the trainer designs for you. A PTr/FTr can also be someone who designs programs for you to complete on your own.

Trainer hours are personalized with your schedule in mind. Please schedule an appointment by emailing PAFCtrainer@pullman-wa.gov

Personal Training Session

Just what it sounds like! An hour with the trainer, doing whatever the client prefers.

60 minutes
Resident: $50/N-Resident: $52

One-on-one with the Trainer:

All training sessions must be used within six months from purchase. Fee listed is for each hour of one-on-one training

Number of Sessions	R	NR
1 session	$50	$52
2-5 sessions (10% discount)	$45	$47
6-10 sessions (15% discount)	$43	$45
11-15 sessions (20% discount)	$40	$42
16-19 sessions (25% discount)	$38	$40
20 sessions (30% discount)	$35	$37
25 sessions (35% discount)	$33	$35
30 session (40% discount)	$30	$32

Family & Friends Training Packages

Do you and your exercise partners have similar goals? Get the benefit of personalized fitness training, while sharing the cost! Customize a training package, including cost with the PAFC Fitness Trainer. For each additional person in a group training package there is an additional 25% added to the overall charge as stated above.

Youth Weight Training:

Youth (15-17 yrs) do you need a program for strengthening, flexibility, or a specific sport? The trainer will design a plan for the youth under the "Customized All Inclusive Value Package". (Youth 14 and under are not permitted in the fitness room.)

Fitness Room Orientation

Meet with the trainer to learn how to use the New PAFC cardio equipment and strength. Our trainer can answer your questions and help you set realistic fitness goals.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Customized All Inclusive Value Package

Combine any training services into a customized package and receive a package discount of 20% off the regular price.

Fitness Consultation

A goal setting meeting where the trainer and client talk about the client's current and past habits, current goals for exercise, time availability, preferences, etc. The trainer will give the client one or two ideas to get them started, such as a leg exercise that can be done at home, or a way to change up their cardio exercise routine. When the consultation is performed prior to training sessions or the creation of an exercise plan, it is used for information gathering and will guide the services to be performed in the future.

30 minutes
Resident: $25*/N-Resident: $27*
*free with purchase or renewal of annual PAFC membership
*Clients do not need to dress for exercise.

Fitness Assessment

A battery of fitness tests including: tests for cardiovascular endurance, muscular endurance, flexibility, and several easy to measure data points that provide general information about overall health. This assessment is strongly recommended to find your fitness level benchmark. As an exercise habit is developed the fitness assessment can be used regularly to keep track of improvements made and guide exercise programming.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Yoga Therapy Assessment

A range of tests to evaluate posture and assess imbalances in the body for strength, flexibility, and range of motion. The trainer then assists in balancing posture, gait, and muscle weaknesses through Yoga poses. The knowledge of a therapy assessment also aids in choosing appropriate exercises for an individual's written program or one on one session.

60 minutes
Resident: $50/N-Resident: $52
*Clients need to dress for exercise; comfortable and breathable clothes with fitness sneakers.

Written Personalized Training Program

The client will receive a written customized program, tailored to their goals and needs. The program includes a personalized letter, basic information about exercise, and written descriptions of all exercises. Also included, if needed, are log sheets to track progress and weight progressions.
Resident: $50/N-Resident: $52

Aletha Lassiter is the PAFC Fitness Trainer. She is a graduate of Lewis-Clark State College, with a B.S. Kinesiology, where she specialized in personal training, health promotion, and sports science. In addition to her degree, she carries a peri-natal fitness certification through the Aviva Institute and doula training with DONA. At her local studio, Yogatopia (Gladish Community Center), she teaches Zumba®, YogaFit®, and Belly-dance. (See pages 23) Her goal as a trainer is to help families and individuals develop a fun and active lifestyle. Her personalized training programs will help individuals identify wellness goals for permanent long-term health.