

Tommy Hewett, M.D. Wellness Center

Exercise Programs

- **Fitness Assessment**

Want to begin an exercise program but don't know where to start? We will develop a customized exercise program based on your fitness assessment results, personal goals and interests. Your trainer will then show you appropriate exercises and help you build a program to meet your needs.

Duration: Two appointments on different days, each lasting 1 hour

Cost: \$50.00

- **Personal Training**

A personal trainer will design an individualized fitness program specific to your needs and provide one on one instruction to ensure you are getting the very best from every workout. Your trainer will provide motivation, guidance and extra attention to assist you in meeting realistic weight loss and fitness goals.

Packages

12 session package - \$385.00 (12th session free)

6 session package - \$210.00

3 session package - \$105.00

Semi-Private Training

Additional \$10.00 per person per session - include in any of the above packages.

Per session cost - \$35.00; sessions are not sold individually and must be purchased as a package.

Questions? Contact us at 580-559-5744