

## Personal Training and Performance Enhancement at Fisher-Titus Medical Center

Whether you want to compete at a higher level or simply move better to enjoy life let Fisher-Titus guide you to your goals. The first step is to ensure proper movement. This starts with a movement screen that will allow us to correct imbalances and movement dysfunction. With the ground work laid, functional strength training will take you to a new level of fitness and well being. Each program is personalized to address your movement dysfunctions and meet your goals.

Programs are flexible. You may come at a consistent time on Monday and Wednesday to work one on one with our personal trainer. If your schedule or resources do not allow this you can schedule for an evaluation appointment and then a follow up to review the personally designed independent program. Home equipment is not necessary, body weight exercises and resistance bands can be used to meet most fitness goals and provide an adequate challenge.

We also work with schools and organizations as consultants. This includes designing strength programs or wellness programs. Consulting for weight/exercise room design is also available. We also will speak at engagements for education and in-services. Topics can be requested.

### **Fee schedule**

\$35 per hour personal training (Mon/Weds 10am-5pm times)

\$40 for 2 people (\$20 per person)

\$70 for personal program design (2 visit minimum)

Dan Schultz MBA, ATC, CSCS, CSPS, PES, CES, FNS, GFS, CWcHP is the personal trainer who will help you reach your goals. Dan has worked at Fisher-Titus Medical Center since 2007. He has been an athletic trainer since 2004. Dan has trained various athletes over those years.

### **Certifications**

Athletic Trainer

Certified Strength and Conditioning Specialist

Certified Special Population Specialist

Performance Enhancement Specialist

Corrective Exercise Specialist

Fitness Nutritional Specialist

Golf Fitness Specialist

Certified Worker's Compensation Healthcare Provider