

## 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

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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