Join our one-on-one vitality program

Ready to assist you in achieving the best version of you



ERIK SWAN

Vitality Director

Erik's impressive credentials include a Bachelor of Science Degree in Exercise Science and a Master of Science Degree in Clinical Exercise Physiology.

- Muscle building/strength
- Balance and stability
- Cardiovascular development
- Mobility and flexibility

4 SESSIONS PER MONTH (30 MINUTES)	$300
8 SESSIONS PER MONTH (30 MINUTES)	$560

Billed monthly · $75 / $70 per session

FREE GROUP CLASSES
Up to 4 participants

seattleseniortrainers@gmail.com

Seattle Senior Trainers

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Personal Training Program

Personal Training Plans

1x/week: 4 sessions/month | 30 minutes | $75/session | $300/month

2x/week: 8 sessions/month | 30 minutes | $70/session | $560/month

Individual training is billed monthly.

Group classes: FREE | Maximum 4 participants

Terms and conditions

- Appointment Booking: To ensure personalized attention, all training sessions require appointments. You can schedule your sessions in person through our dedicated Vitality Director.
- Cancellation Policy: Please be mindful of our 24-hour cancellation policy. Failure to reschedule or cancel a session within this timeframe will result in the forfeiture of that session.
- Late Arrivals: If you happen to arrive late, your training session will be adjusted to fit the remaining time. However, if you anticipate being tardy, we encourage you to make prior arrangements with your trainer.
- Flexible Membership: Our personal training program operates on a flexible month-to-month membership basis. Your membership begins on the specified start date, and if you wish to discontinue, please inform us before the start of the upcoming month's payment cycle. Please note that any unused sessions cannot be carried forward.

I undersigned understand and agree to the following terms and conditions:

Resident/POA:_____ Training Plan:_____

Suite Number:_____ Amount Due: _____

Today's Date:_____ Start Date:_____

Resident/POA Signature:_____

Thank you for choosing Seattle Senior Trainers for your fitness and wellness journey. Our commitment is to provide professional and flexible training options to help you achieve your goals.

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