



Based on your affiliation with Herbruck Alder, you will receive a 20-25% discount on Corporate & Personal Prescription Fitness services.

Personal Training

Private Training Sessions are the most popular service provided at Prescription Fitness. This individual attention is the most effective way to reach your goals. A Private Training Session includes a health screening, exercise history and goal setting. Prescription Fitness will do a body composition analysis, record your weight and take your measurements on a regular basis. You will also receive phone/email support to help keep you on track. This is all included in your 60 minute Personal Training Session fee.

On Site Classes

Prescription Fitness can come to you and offer Classes that suit your employee's needs and interests. Classes can take place in a lunch room, conference room, parking lot or any other space you have available! Choose from a class list (Pilates, Step Aerobics, Body Pump, Boot Camp, Kick Boxing, Yoga and many more) or design a unique class specifically for your group.

Nutrition Counseling

Nutrition counseling can help to ensure that your level of nutrition is optimal for sport performance, weight management and every day activities. The counseling session will start off with a detailed individual assessment and goal setting strategies. Once the assessment is completed, the registered dietitian can determine what dietary and lifestyle changes you need to improve or optimize your sports nutrition. Optimum sports nutrition can help you improve sports performance, endurance, muscle tone, and both weight gain or weight loss. The dietary plan is tailored to fit your individual needs.

Lunch & Learn

A Lunch & Learn is a great way to educate your employee's without taking additional time out of their day. Prescription Fitness can cover any topic that is important to your organization in a 60 minute format including time for Q&A.

Consultations

Prescription Fitness can help you from beginning to end and offer a variety of services including;

- Meeting with the management team to define objectives, budget, and goals.
- Schedule individual health and fitness lifestyle consultations
- Organizing health fairs where we can measure employees cholesterol, glucose, blood pressure, weight and body composition.
- Designing a suitable fitness area for your companies needs.
- Helping with the purchase, delivery and set up of any necessary equipment.
- Offering lectures on health topics important to your organization.
- Providing group fitness classes and individualized training



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Please contact your Herbruck Alder representative at 216.623.2600 for additional information.