

# Los Gatos Swim and Racquet Club

## 2017 Fitness Department

### Personal Training and Fitness Testing Services

#### Personal Training

##### **Fitness Director – Brian Schweitzerhof (\$80 One Member/Session, \$120 Two + Members/Session)**

Brian Schweitzerhof has been personal training for the past 23 years. Brian holds a Bachelors of Science in Sport Management and a Masters of Science in Rehabilitation. Brian holds Certifications and Advanced Credentials from The National Academy of Sports Medicine (NASM), The National Strength and Conditioning Association (NSCA), Poliquin International Certification Program (PICP), Optimum Performance Training (OPT), Russian Kettlebell Challenge (RKC), and CrossFit.

Brian has a wide spectrum of clientele ranging from post-rehabilitation, general fitness and weight loss to professional NHL, Tennis, NCAA Gymnastics, and Volleyball athletes. Brian's passion for health and fitness also goes beyond his clientele to academia. Brian spends part of his time teaching the Personal Trainer courses and presenting for The National Academy of Sports Medicine.

##### **Level 3 Personal Trainer (\$70 One Member/Session, \$115 Two + Members/Session)**

A Level III Personal Trainer holds a certification from a nationally accredited certifying body and a Masters degree in Health Sciences or a second Advanced Specialization.

##### **Level 2 Personal Trainer (\$65 One Member/Session, \$110 Two + Members/Session)**

A Level II Personal Trainer holds a certification from a nationally accredited certifying body and a Bachelors degree in Health Sciences or an Advanced Specialization.

##### **Level 1 Personal Trainer (\$60 One Member/Session, \$94 Two + Members/Session)**

A Level I Personal Trainer holds a nationally accredited personal training certification such as The National Academy of Sports Medicine (NASM) Certified Personal Trainer certification, The National Strength and Conditioning Association (NSCA), American College of Sports Medicine (ACSM), The Poliquin International Certification Program (PICP), or The American Council on Exercise (ACE).

### **KORR™ Active Metabolic Assessment + Training Plan (\$175)**

This assessment and training plan tests the individuals' metabolic profile, the body's unique response to exercise, the correct intensity levels to increase the burn of fat and calories, and improve cardiovascular fitness to lose weight and inches.

### **KORR™ Resting Metabolic Assessment (\$175)**

The results of this assessment include how many calories to consume in order to maintain weight, calorie deficit required to lose weight, and unique personal metabolic requirements.

### **Deep Muscle Stimulator (DMS)** **(\$1/Minute w/Personal Trainer, \$2/Minute w/Fitness Director)**

The Deep Muscle Stimulator provides rapid percussion vibrations to relieve deep muscle pain. It uses percussion, mechanical vibrations that reach deep into the muscle tissue to stimulate proprioceptive functions.

### **Skin Fold Body Composition Assessment** **(\$60 w/Personal Trainer, \$80 w/Fitness Director)**

The skin fold body composition assessment is one of the oldest and still most common methods of determining a person's body composition and body fat percentage.

This test estimates the percentage of body fat by measuring skin fold thickness at specific locations on the body. The thickness of these folds is a measure of the fat under the skin, also called subcutaneous adipose tissue. Skin fold thickness results rely on formulas that convert these numbers into an estimate of a person's percentage of body fat according to a person's age and gender.

Skin fold measurements are generally taken at specific sites on the right side of the body. The tester pinches the skin at the location site and pulls the fold of skin away from the underlying muscle so only the skin and fat tissue are being held. Special skin fold calipers are then used to measure the skin fold thickness in millimeters. Two measurements are recorded and averaged.

### **Bioimpedance Analysis (BIA)** **(\$60 w/Personal Trainer, \$80 w/Fitness Director)**

Bioimpedance Analysis (BIA) is a method of assessing your body composition, the measurement of body fat in relation to lean body mass. It is an integral part of a health and nutrition assessment.