

Individual and Package Options*

Initial Consults are 45 Minute sessions to discuss medical and physical conditions as well as goals and concerns. Wear athletic style/workout clothes for initial floor assessment.

Private individual participant

Initial
1-on-1
Consult
\$50

30 min.
1-on-1
Session
\$50

Package of 4
30 min.
1-on-1
sessions
\$180

Package of 8
30 min.
1-on-1
sessions
\$329

Semi-Private 2 participants

Initial
Consult
\$90

45 min.
Semi-Private
Session
\$90

Package of
4 - 45 min.
Semi-Private
sessions
\$320

Package of 8
45 min.
Semi-Private
sessions
\$600



Get in touch!

Schedule your 45min consult today.

Bain 50+ Center

5470 Ruth Keeton Way. Columbia, MD 21044
410-313-7213

Ellicott City 50+ Fitness Center

9411 Frederick Rd. Ellicott City, MD 21042
410-313-0727

North Laurel 50+ Community Center

9411 Whiskey Bottom Rd. Laurel, MD 20723
410-313-0390

Email: personaltraining50plus@gmail.com



The following rules apply to personal training session purchases. Sessions must be scheduled at the time of purchase. 24-hour advanced notice of cancellation must be given to reschedule a session, or the session is forfeited and no refund will be available. If the client is 15 minutes or more late for an appointment, the lost time will be forfeited, and the client will be charged for that Training Session as if the Client had been present. Single-session purchases cannot be applied to future package prices. Sessions are not transferable. There are no refunds available.

All Personal Training Clients must have a
Go50+ Fitness membership.



Personal Training



**Be Stronger
Be Healthier
Be the Best
Version of You**



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"Exercise should be regarded as a tribute to the heart."

-Gene Tunny

Why Personal Training?

Expert exercise guidance you can trust

Real support and accountability

Individualized programs that fit your needs

Collaborative and achievable goal setting

Modifications for managing existing injuries and chronic conditions

Skill development and progression

Ongoing performance monitoring and feedback

Our Philosophy:

The people we see are all on a fitness journey. Where they are on that journey, and what brought them to us, varies greatly. We meet them wherever - and however - they are and act as their guides. Our clients, with their unique circumstances and experiences, and our personal trainers with their extensive knowledge, experience and empathy, embark on that journey together. Along the way great, and often unexpected things happen. Goals are achieved, confidence is built and lives are forever positively changed.

- Roxanne Hartman



About Roxanne Hartman



Roxanne is an ACE (American Council on Exercise) certified personal trainer for Howard county's 50+ centers, and a group fitness instructor for 50+ programming and Howard County Recreation & Parks. She brings with her over 20 years of experience as a licensed and nationally registered occupational therapist in Maryland. She holds a specialized credential as a nationally certified dementia practitioner (CDP). Roxanne is a featured instructor at various Howard County fitness events throughout the year, and a fitness/health education presenter through 50+ programming. Her passion is in helping people explore the world of fitness and achieve their health and well-being goals.

See & Feel Results:

- Strength
- Endurance
- Body Awareness
- Posture
- Balance
- Flexibility

Important Dates

- **Meet the Trainer - Q&A with Roxanne the first Tuesday of every month 11:30a.m. - 12:00p.m. Ellicott City Location**

