

## Exercise Prescription

A comprehensive consultation involving medical history, previous exercise experience, fitness testing, and individual goals combined to develop a personalized exercise program for the participant.

This is designed for the motivated person who would consistently exercise on his/her own.

Included in the package is an individual interview and four appointments with Kim to review the program and teach the exercises, a weekly plan and a description of the exercises.

Total Cost     \$355.00

## Personal Training

One-on-one personalized training can help you make great strides toward your optimum health and wellness.

### Jump Start Program

5 to 10 sessions

Fitness Center — \$65 per session

At home — \$75 per session

### Ongoing Program

11 or more sessions

Fitness Center — \$55 per session

At home — \$65 per session

## Group Personal Training

Not only is this a cost effective approach to personal training, but friends and/or family can exercise together, promoting camaraderie and motivation.

### Two Person Group

6 to 10 sessions     \$40

11 or more sessions     \$36

### Three or Four Person Group

6 to 10 sessions     \$30

11 or more sessions     \$28

***All prices are per person per session at the Fitness Center. Prices slightly higher if done in your home.***

## Outdoor Fitness

### Outdoor Fitness Ventures

Get a workout while enjoying the beautiful weather, majestic mountain views and camaraderie of friends. Kim will lead you through a routine including strength, flexibility and cardiovascular conditioning at various scenic venues on land or in the water.

Consistency is the key to any wellness program. The variety in this program will help keep you motivated while taking you away from the stressors of the day.

## Swim Instruction

Exercising in the water is a great way to get a full body workout while also remaining easy on the joints. It is good for conditioning the cardiovascular system, strengthening muscles, increasing range of motion, reducing stress, and recovering from injury.

Kim has been swimming for more than 35 years and has successfully competed in both pool and open water events. She loves to share her passion for the water by teaching swim instruction and water workouts at all levels.

### Private Instruction

60 minutes     \$60

30 minutes     \$40

### Semi-private Instruction

Two person

60 minutes     \$35 per person

30 minutes     \$25 per person

Three person

60 Minutes     \$25 per person

Written workouts: Kim can help you stay on task toward your goal by emailing swim workouts tailored specifically for you. (swim terminology included)

Kimberly Jo Hines



## Education — Certifications

- BS Arizona State University — Recreation Management/Exercise Physiology
- Certified Personal Trainer — National Strength and Conditioning Association
- Senior Fitness Specialist
- Special Populations and Post Rehabilitation Specialist — International Sport Sciences Association
- American Council on Exercise — Tactical Conditioning
- Functional Movement Screening (FMS)
- CPR First Aid Instructor

## Fitness Ventures

602 799-2259

**Kim Hines**

602 799-2259

Kim@FitnessVentures.org

*Mailing address:*

10468 E, Acacia Dr.  
Scottsdale AZ 85255

### **Testimonials**

*Kim's ability to recognize and react to my changing physical abilities have been instrumental in improving my well-being over the past 10 years. Our workouts were never boring because they are ever changing. (Dave Hollatz)*

*(Terry Downing)*



# Fitness Ventures



**Enhance Life's  
Journey**