



ENDURANCE SPORTS TRAINING SERVICES

OAC's **Endurance Sports Training Services** are complete training programs are designed for those participating in 5K's, marathons, triathlons, adventure races, road and mountain bike races, and long distance biking events.

All packages will include an Orthopedic Screen consisting of a Musculoskeletal Screen and a Running Form Analysis performed by **Scott Colombo, Physical Therapist from Allegheny Chesapeake Physical Therapy**.

During the Musculoskeletal Screen, the physical therapist will assess your gait, arms, legs, and spine to ensure optimum fitness results and injury prevention with your program.

Gold Package \$1,544

- Orthopedic Screen (Initial Assessment)
- Musculoskeletal Evaluation
- Running/Cycling form analysis
- Specialized Flexibility Program
- Multi-sport/Marathon Training Program (5 month plan)
- Private Strength Training Program (3 times/week or 2 times/week strength training and 1 time/week Yoga or Pilates). All sessions are 60 minutes and for 4 weeks.
- Re-evaluation of initial assessment within 4-6 weeks with client, Physical therapist and/or assigned Personal Trainer
- Payment plans available

Silver Package.....\$823

- Orthopedic Screen (Initial Assessment)
- Musculoskeletal Evaluation
- Running/Cycling form analysis
- Specialized Flexibility Program
- Multi-sport/ Marathon Training Program (5 month plan)
- Re-evaluation of initial assessment within 4-6 weeks with client, Physical therapist and/or assigned Personal Trainer
- Payment plans available

Bronze Package\$205

- Orthopedic Screen (Assessment):
- Musculoskeletal Evaluation
- Running/Cycling form analysis
- Re-evaluation of initial assessment within 4-6 weeks with client and Physical therapist.

Ala Carte Training Services

Orthopedic Screen (includes Musculoskeletal Evaluation and Running Form Analysis)	\$164
Specialized Flexibility Program: 2-30 minute sessions with a Certified Personal Trainer	\$81
Multi-sport/Marathon Training Program (with weekly feedback).....	\$155/mo
Strength Training Programming- strength, core, flexibility.....	Varies
Private Yoga Training.....	Varies
Private Pilates Training	Varies

Contact: **Holly Gatto**, Personal Training Manager, at **724.933.1911**, ext. **163** or personaltraining@oxfordathleticclub.com