



PERSONAL TRAINING

Plus One has been making some of the best bodies in New York better since 1986.

Our fitness clinics are a favorite of television, Broadway, and film celebrities along with artists, models, and top business executives. Plus One's personal training programs are designed to produce results for you - guaranteed!

All of our personal trainers have a college degree and must achieve our rigorous in-house certification. Additionally, many of our trainers are certified by national organizations like the American College of Sports Medicine, American Council on Exercise, and the National Strength and Conditioning Association. That's what makes us the Gold Standard in personal training.

Immersion 30 Day Weight Loss

This revolutionary weight loss program features sessions with an experienced, professional personal trainer, Body Gem metabolic analysis, plus behavior modification. The Body Gem is a handheld device that measures your "personal calorie burn rate". When you know how many calories your body burns, you know precisely how much you need to eat and exercise for weight control.

Mind-Body

Let our top Pilates and Yoga experts help you develop long, lean muscles without bulk. Choose from Yoga, Pilates, Active Isolated Stretching, or any one of Plus One's one-to-one, mind-body technique training packages.

Strength Training

Whether you're experienced in the weight room or have never set foot in one, our strength training specialists can help make you stronger, leaner, and more defined. Your trainer will custom design a program using free weights, machines, bands, and balls that's just right for you. See body-changing results faster than you ever have before.

Sports Specific

Are sports and physical activity your passion? Our personal trainers have the expertise it takes to give you the edge. Whether it's basketball or badminton, football or fencing, tennis or tap dance - our sports conditioning experts will design a program to put you at the top of your game.

Medically Based

Maybe your doctor told you that you need to lose 10 pounds. Or that you're at risk for type two diabetes. Or that you have



high blood pressure. Whatever your health issues, your Plus One personal trainer will work with your medical team to develop a life-changing workout program to help you get your life on track.

PlusOne@Home

For those who prefer the privacy and convenience of their own living room, Plus One offers in home personal training. Simply book an appointment and we'll have one of our top personal trainers come to you.

Personal Training in the Corporate Setting

Our corporate and private locations offer the same Gold Standard personal training our public sites do. We offer you a qualified, experienced personal trainer in the convenience of your company's fitness center.

MyFitnessExpert.com

Can't get to the gym? No problem. Our unique Internet-based personal training software gives you access to a real fitness expert wherever you are on the globe. With MyFitnessExpert.com, fitness is just a click away.

Personal Training Packages

You can purchase 45- or 30-minute sessions with one of our highly qualified personal trainers at any of our commercial facilities. We also offer partner and small group personal sessions at some of our locations. Both single sessions and packages are available. Call individual locations for specific pricing information.