

## SMALL GROUP PERSONAL TRAINING FITNESS LEVELS

Use the following classifications to help you find fitness programs appropriate for your ability & goals:

**LEVEL 1: Health Seeker** – Ideal for individuals who are new to exercise, deconditioned, sedentary, or returning from injury or illness.

**LEVEL 2: Progress Maker** – Ideal for physically active participants looking to improve function, mitigate pain or chronic conditions, develop new abilities, & increase baseline fitness levels.

**LEVEL 3: Recreational Player** – Ideal for athletic participants looking to elevate their established fitness levels, learn advanced skills, improve body aesthetics & boost sport performance.

**LEVEL 4: Athletic Competitor** – Ideal for athletes training for peak performance in sports or competition and looking to maximize strength, mobility, speed, quickness & power.