



PERSONAL TRAINING

One-On-One Personal Training Sessions: Experience personalized, functional fitness designed to meet you where you are, literally and physically. Each session is tailored to your goals, mobility level, and lifestyle, with a focus on safe, effective movement that supports independence and vitality. Whether you're working on balance, strength, posture, or injury prevention, we will guide you step-by-step with compassionate coaching and evidence-based techniques. Sessions take place in the comfort of your home, using minimal equipment and maximizing real-life movement. Each session is ideal for older adults seeking to improve mobility, confidence, and overall well-being through supportive, individualized care and includes:

- Customized exercise programming
- Hands-on guidance and form correction
- Progress tracking and goal setting
- Optional wellness check-ins and movement homework

Small Group Training Sessions (Maximum 4 participants):

Lively Fitness offers small group training designed for seniors who want to move together while still receiving individualized attention. Each participant benefits from a customized program tailored to their goals, abilities, and comfort level within a supportive, shared setting. Sessions are held in home and combine the energy of group movement with the safety and personalization of one-on-one coaching. Whether you're training with friends, housemates, or family, every member receives hands-on guidance, modifications, and encouragement. Each session is ideal for seniors who enjoy shared experiences but still want personalized care; perfect for couples, roommates, or small friend groups looking to stay active together, and includes:

- Individualized programming for each participant
- Real-time coaching and form correction
- Functional exercises that support daily living
- A motivating, community-based atmosphere