



Services and Prices



Who Are We?

Fit 4 All Abilities is a group of certified personal trainers who are focused on providing fitness in a safe and fun environment for kids of all abilities. We recognize that personal training and exercise needs to be individualized like other therapy modalities. We specialize in working with children of all abilities including Autism, Asperger's, ADD/ADHD, Sensory Processing, and Down Syndrome. Our trainers vary in experience and education. We are located inside the Arena Fitness at 1133 Westchester Avenue, White Plains, NY.

Types of Trainers:

All personal trainers are required to complete courses from our internship program developed by Dr. Robert Inesta, Fit and Functional, and our board of educators. All staff must complete approved external courses and seminars, in addition to meeting annual certification requirements.

- **Master Trainer:**

This level trainer must hold at least 2 accredited certifications, have 3 years of experience, complete our entire program as well as complete our special needs education course, hold at least one specialty course and complete a minimum of 100 hours of course work from approved providers. These trainers are qualified to teach students in our specialty programs and mentor the newer staff.

- **Fitness Technician:**

This level trainer must hold at least 1 accredited certification and complete our nationally recognized 3-month internship, which includes courses designed specifically for training children with special needs. These trainers are by no means second-rate; they are just new graduates of our program. Most of our trainers hold a degree in the field, have at least 1-year experience, and have completed all required continuing education courses. These trainers can work with anyone from rehabilitation to performance enhancement.

- **Registered Dietitian and Supplements**

Provided by Worth Your Weight Nutrition. For fees contact info@wynnutrition.com

Policies:

- All sales are final. No refunds!!!
 - 24- hour cancellation
- All packages expire 6 months after purchases
- For classes, only one makeup session allowed

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Services

- [Free evaluation](#)

This is a complimentary 30-45 minute consultation, which includes a tour of our facility. During this time, you will meet a trainer, learn more about our program, and review the detailed assessment form, which will be completed by the caregiver prior to the session.

- [Classes](#)

Groups are 30-minutes with a maximum of 6 kids of similar abilities. Classes are offered
There are at least 3 instructors for a group of 6 children. Some children may require a dedicated helper. For these children we ask that a parent or caregiver assist in the class.

Fee: Single class - \$44.99/class
8-week session - \$299

- [Personal Training Sessions](#)

One-on-one personal training in a fun and safe environment. Sessions will improve muscle strength, coordination, balance, self-confidence, mood, and behavior. **In-home sessions will incur a \$20 surcharge per session.**

Master Trainer	Fitness Technician
60 Minute Sessions	
• 1 session - \$115	• 1 session - \$95
• 5 sessions - \$525	• 5 sessions - \$450

Master Trainer	Fitness Technician
45 Minute Sessions	
• 1 session - \$90	• 1 session - \$75
• 5 sessions - \$425	• 5 sessions - \$325

Master Trainer	Fitness Technician
30 Minute Sessions	
• 1 session - \$70	• 1 session - \$55
• 5 sessions - \$325	• 5 sessions - \$250

- [Semi- Private Personal Training Sessions](#)

These are private custom planned personal training groups of 2-4 participants

30 Minute Session	45 Minute Session
• 1 session - \$44.99	• 1 session - \$55
• 5 sessions - \$200	• 5 sessions - \$250

Self Direction Processing Policy

- Receipts of redeemed packages and sessions are provided each month by the 5th of the following month
- Receipts are also auto-generated after each individual session purchased or after each package purchased