

CHOOSE FITNESS LIFE STYLE

PAUL DORSEY

PERSONAL TRAINER & GROUP FITNESS INSTRUCTOR

*“IMPROPER POSTURE IS AN IMPOSTER
PROPER ALIGNMENT IS REFINEMENT”*

PERSONAL TRAINER FEES, DESCRIPTIONS, SERVICES

PAUL DORSEY - FITNESS COACH, CORRECTIVE EXERCISE SPECIALIST, ADVID CYCLIST

FEES

- ◆ 60-minute session \$50
- ◆ 30-minute session \$30
- ◆ 2-person joint session - \$35 each person for 60-minute session
- ◆ Number of sessions negotiable
- ◆ In home sessions TBD by distance traveled by personal trainer

TRAINING BLOCKED SESSIONS (BLOCKED SESSIONS INCLUDE SPECIALTY SERVICES)

- ◆ 6 sessions - \$240
- ◆ 8 sessions - \$320
- ◆ 12 sessions - \$480

SPECIALTY SERVICES CORRECTIVE EXERCISES

- ◆ Identify lumbar pelvic hip complex imbalances and corrective exercise programming to promote proper muscle alignment
- ◆ Shoulder and thoracic back assessment and exercises
- ◆ Hamstring and quadriceps muscle imbalance
- ◆ Transitional movement assessments
- ◆ Dynamic movement assessments
- ◆ Core strength building
- ◆ Cardio vascular assessment and fitness programming
- ◆ Resistance strength training
- ◆ Customize fitness programming
- ◆ Fitness programming for young and older adults (ages 18 and above)



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IMPROPER POSTURE IS AN IMPOSTER
CERTIFIED PERSONAL TRAINER
CORRECTIVE EXERCISE SPECIALIST

PAUL DORSEY

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NASM (National Academy of Sports Medicine)



ACE (American Council on Exercise)

