

Personal Trainer benefits & availability

Get fit. Stay healthy. Be rewarded.

Benefits If you've been thinking about starting an exercise program, remember the benefits a trainer can add: a personalized program just for you, guidance for proper form to prevent injury, confidence of knowing your progression is monitored and advanced properly, support for questions, a scheduled appointment for motivation, no advance fees or contract for a long period of time, personal attention for your needs and other benefits you can only get by working with a trainer.

Reward If you are ready to take your fitness effort to another level with a personal trainer, contact Employee Wellness (Mcn) to get connected with the best trainers. Discounted services are also available to Mercer employees through Employee Wellness.