



BY ADDRESSING ALL ASPECTS OF A HEALTHY LIFE,  
WE SEEK TO FACILITATE TOTAL WELL-BEING.



## PERSONAL TRAINING AT ACCENTURE FITNESS CENTER

### RATES

1	45-minute session	\$40
5	45-minute sessions	\$190
10	45-minute sessions	\$360

Get your program started or advance your current program with the help of a degreed professional trainer. **Personal training** includes program development and one-on-one instruction.

**Fitness Center Hours**  
M-TH 6:00am to 7:00pm  
Friday 6:00am to 6:00pm

# ACCENTURE TOWER FITNESS CENTER

*The Fitness Center is located on the street level of the Accenture Tower.*

## Meet the Accenture Fitness Center Staff

### **Brittany Aase,** **Fitness and Wellness Program Manager**

Brittany graduated from Gustavus Adolphus College with a degree in Health Fitness and Health Education. Brittany is an NSCA Certified Personal Trainer and Certified Group Exercise Instructor through NETA. She has previous experience with health promotion and exercise testing and prescription working in the Human Performance Lab at Gustavus and through an internship at Tryon Gym in Sioux Falls, South Dakota. Brittany also has two years experience in corporate health working with the AdvantageHealth Corporation.

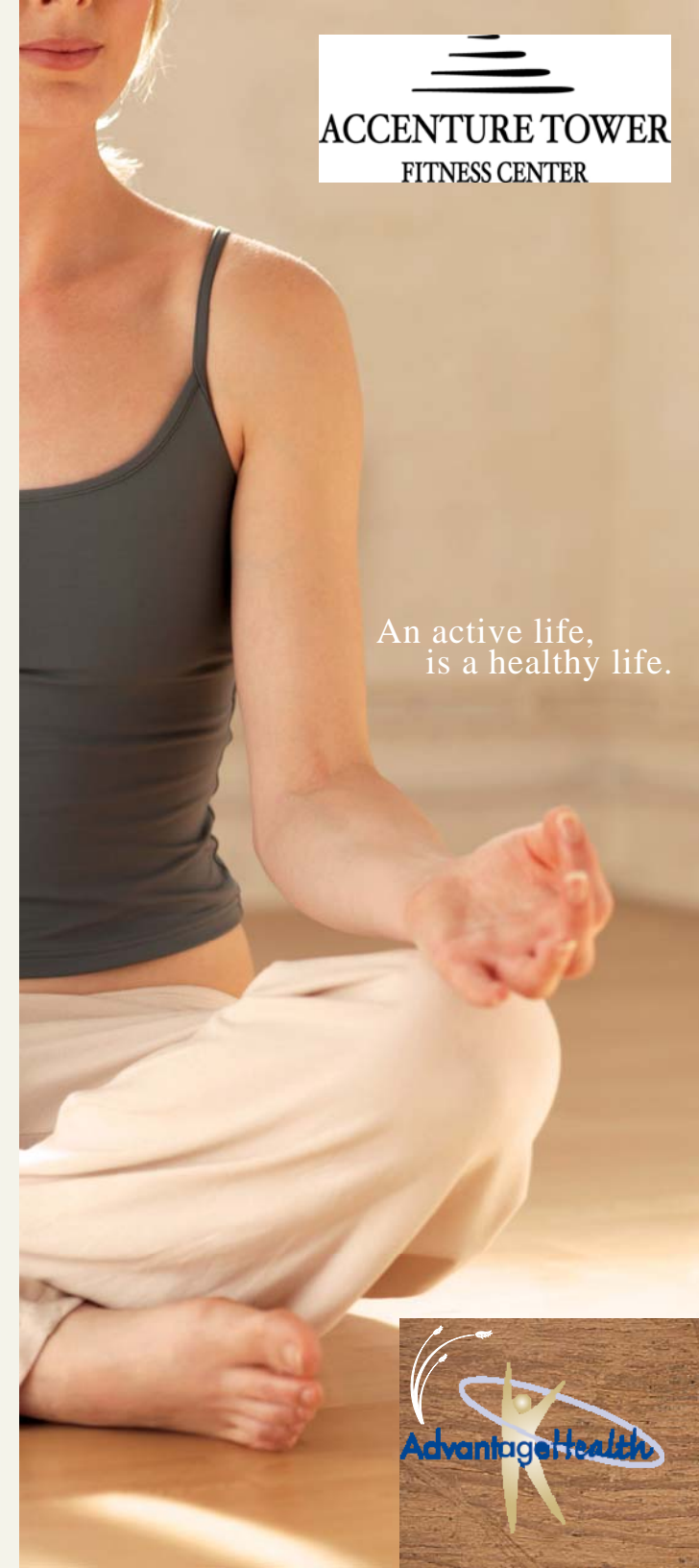
### **Heather Martin,** **Fitness and Wellness Specialist**

Heather graduated from Winona State University with a degree in Movement Science. Heather is NASM Certified Personal Trainer and Certified Group Exercise Instructor through NETA. She has previous health and fitness experience working at LifeTime Fitness as a personal trainer and group fitness instructor, as well as a Physical Therapy assistant with North Memorial Medical Center.



Accenture Fitness Center  
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# ACCENTURE TOWER FITNESS CENTER



An active life,  
is a healthy life.



## FIND YOUR PATH TO WHOLE HEALTH WITH OUR PROGRAMS AND SERVICES

### SEMINARS

Our on-site seminars focus on a variety of topics. Seminars are presented by a wide variety of health professionals, including health educators, registered dietitians, exercise physiologists and doctors.



### FITNESS ASSESSMENTS

A **comprehensive fitness assessment** will help you track your progress and determine where your training needs to go. This assessment will test your resting heart rate, blood pressure, flexibility, body composition, sub-max VO2, BMI, and muscular strength and endurance.

### EQUIPMENT

State-of-the-art cardiovascular equipment

Professional resistance and weight equipment

Group fitness studio with a variety of small fitness equipment.



### INCENTIVE/SPECIALTY PROGRAMS

We also offer fun incentive programs and small group personal training programs including Women On Weights, treadmill training, and SHAPE weight management.



### GROUP EXERCISE

Included in your **FREE Accenture Fitness Center** membership are a variety of classes offered in the morning, over the noon hour, and after work. These classes range from twenty to thirty minutes, making it easy to fit them into your busy schedule. Be sure to pick up a monthly class schedule as it may vary from month to month.

ADVANTAGEHEALTH IS A LEADING  
ADVOCATE FOR THE INTEGRATION OF  
HEALTHY LIFESTYLE CHOICES.

OUR STAFF RECOGNIZES THAT EVERY  
INTERACTION WITH A MEMBER CREATES  
AN OPPORTUNITY TO CONTRIBUTE TO  
TOTAL WELL-BEING.

HEALTHY OPTIONS.  
ACCESSIBLE GOALS.  
PERSONAL SUPPORT.

