

FACILITY



Facility Overview

TCO Eden Prairie is a state of the art strength, conditioning, and rehabilitation facility with over 21,000 sq feet of space to individuals of all fitness levels. The facility features dedicated areas for speed training, a full assortment of weights and body resistance equipment, and video motion analysis using cutting edge technology.

CONTACT US

Personal Training + Strength and Conditioning is available at our Eden Prairie Location.



Call or email us to set up an appointment or inquire about the program.

Eden Prairie Physical Therapy

TCO Eden Prairie
12982 Valley View Rd
Eden Prairie, MN 55344
(952) 456-7472

RyanSchlinger@TCOmn.com
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PERSONAL TRAINING + STRENGTH AND CONDITIONING



WE WORK WONDERS WITH MUSCLES, BONES AND JOINTS

TCOmn.com



OVERVIEW

Program Overview

Looking for a way to help motivate you to get started with a workout plan that is tailored to your life or fitness goals? Or maybe you're just looking for new and different movements to challenge your body to get to the next level? If you have been asking yourself these questions you have found the answer in TCO.

Resistance Training

Research has shown that resistance training is a great way to increase bone density, flexibility, strength, toning, fat loss and balance. The workouts will consist of varying exercises including:

- Multi-joint
- Combination
- Muscle Strength
- Muscle Endurance
- Structural Loading
- Isolation

With correct layering and progression this will get you to achieve new levels in your fitness.



OBJECTIVES

Program Objectives

- Take you through a detailed initial assessment to determine your current fitness level and goals.
- Design a custom individualized plan to achieve those goals in correlation with a review of any limitations or restrictions that an on staff physical therapist or orthopedic specialist can assist with if needed.
- Set small goals that will help you reach long term success utilizing safe and healthy methods while being educated on proper technique along the way.
- Training is open to ALL ages and fitness levels. Our goal is to help educate, motivate, and make some life style changes to reach a healthier you!



DETAILS

Program Details

Training is individualized and only performed by staff with a minimum of a Bachelor's Degree in an exercise science based program.

Some of what we are able to offer include:

- Full Body Strengthening
- Weight Training
- Education on Proper Form
- Weight Loss
- Wellness Maintenance
- Performance Optimization
- Small Group Fitness
- Full Body Toning

Program Pricing (30 min sessions)

20 sessions or less \$45/session
(minimum of 5 sessions required)

21 sessions or more \$40/session

Small Group Classes (30 min classes)

\$20/class

Class sessions run seasonally.

