



FITNESS CENTER

"The quality of your movement determines the quality of your life."

Fitness Center Hours

Monday-Saturday: 6:30 a.m. to 10 p.m.

Sun: 6:30 a.m. to 8 p.m.

ABOUT FITNESS

Tennis isn't the only way to get fit at OPRC. Stop by the fitness center and spend cardio time on our treadmills and stationary bikes, or build muscle with our complete line of weight machines and free weights.

Need a personal trainer?

Fitness Director John Moss, owner of Fitness Fusion, will match you with the right personal trainer to help customize a workout just for you. Whether you want to lose weight, strengthen your core, or recover from an injury, John's team will help you get there.

CONTACT JOHN:

Email: johnmoss@oprctennis.com

Text His Mobile: 803-414-2379



John Moss
Owner of Fitness Fusion, LLC
Head Trainer, Bodywork Specialist

John has provided personal training and group instruction at OPRC since 2007. He is a licensed Personal Trainer and Strength & Conditioning Coach in NC. He specializes in strength training, speed training, tennis-specific training, assisted table stretching, and massage. His passion is to teach clients new and challenging techniques and being a coach to help them reach their personal fitness goals. John received his bachelor's degree in Exercise Science & Health Promotion from Appalachian State University in 1997. He also earned a designation of Certified Personal Trainer through the National Academy of Sports Medicine and has training in corrective exercise and advanced flexibility. Apart from helping others to achieve their fitness goals, John participates in senior track and field competitions. His fitness philosophy is, "The quality of your movement determines the quality of your life."



David Ferreira, CPT, CES, SFC, VCS

David has a profound passion for fitness, guiding his journey into wellness. Through diverse experiences and qualifications, including being a Certified Personal Trainer, Corrective Exercise Specialist, Stretch and Flexibility Coach, and Virtual Coaching Specialist, he has found his purpose in positively impacting people's lives. What started as a personal affinity evolved into a professional commitment as David recognized the potential to combine his passions and serve others in their pursuit of wellness. Throughout his career, he has worked with individuals at various fitness levels, each navigating their distinct challenges. By integrating data-driven programs and meticulous assessments, David has been able to guide his clients toward their goals with precision and care. He firmly believes that the fusion of determined effort and applied knowledge empowers individuals to reach their aspirational goals.

SEE THE MENU OF SERVICES ON NEXT PAGE





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Email: johnmoss@oprctennis.com

Text His Mobile: 803-414-2379

MENU OF SERVICES

David F.

John M.

Solo Session - 30 Min	\$40	\$45
Solo Session - 45 Min	\$55	\$60
Solo Session - 60 Min	\$70	\$75
Group Session: 3-4 People - 60 Min	\$30/Per Person	\$35/Per Person
Partner Session: 2 People - 30 Min	\$30/Per Person	\$35/Per Person
Partner Session: 2 People - 45 Min	\$40/Per Person	\$50/Per Person
Partner Session: 2 People - 60 Min	\$50/Per Person	\$60/Per Person
Solo Session 30 Min Package (10 Sessions)	\$350	\$420
Solo Session 60 Min Package (10 Sessions)	\$650	\$720