

# VIRTUAL TRAINING

 Don't Go It Alone  
#BACTogetherApart

Boston Athletic Club offers live virtual training sessions for all club members. Continue to crush your goals from the comfort of your home. If you currently train with us, please contact your trainer directly by clicking their photo below. For new clients [click to schedule](#) a complimentary wellness session to get started.



## VIRTUAL TRAINING FAQ

### How do I know if my trainer is available for virtual sessions?

Please contact your trainer by clicking on their photo or [email the Fitness Director](#).

### Can I use my existing tickets for virtual training?

Yes. Your existing tickets and new packages can be used virtually.

### How much does a virtual session cost?

While memberships are frozen, we will maintain our member training discounts. Please [click here](#) for pricing.

### Where and how can I purchase training?

Packages are available for purchase through your trainer and will be billed to the card on file at the time of purchase.

### How do I prepare & what do I need?

You will need a computer, iPad, or tablet with camera capabilities. Prior to your session, ensure that your WiFi is working for optimal connectivity throughout your session.

### What if I don't have equipment at home?

No equipment is required for your virtual training session. All sessions can be performed using only body weight. If you do have access to equipment, your trainer can incorporate it into your program.

# FIT KITS

Boston Athletic Club has partnered with functional training gurus [Aktiv](#) to elevate your at-home workouts. Club members receive **25% OFF** our hand-picked Fit Kits plus **20% OFF** any additional items added to your cart.

### [At-Home Bundle](#)

Proper stretching, myofascial release and muscle activation are the building blocks of healthy workouts. This is an essential package for everyone that includes the tools needed for proper warm-up, mobilization and recovery. Ideal for all fitness levels.

### [At-Home Personal Training Bundle](#)

This package includes all the items from the at-home bundle and the tools needed for progressive strength training and advanced movements for solo workouts or with a trainer. Perfect for intermediate and advanced exercisers.

Need assistance? [Email us](#) for recommendations!