
PERSONAL TRAINING
AVAILABLE EXCLUSIVELY TO MEMBERS

<table>
<thead>
<tr>
<th>ONE HOUR PRIVATE</th>
<th>HALF-HOUR PRIVATE</th>
<th>ONE HOUR SEMIPRIVATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>5 sessions</td>
<td>$375</td>
<td></td>
</tr>
<tr>
<td>10 sessions</td>
<td>$700</td>
<td></td>
</tr>
<tr>
<td>20 sessions</td>
<td>$1,350</td>
<td></td>
</tr>
<tr>
<td>1 session</td>
<td>$45</td>
<td></td>
</tr>
<tr>
<td>5 sessions</td>
<td>$200</td>
<td></td>
</tr>
<tr>
<td>10 sessions</td>
<td>$385</td>
<td></td>
</tr>
<tr>
<td>2 MEMBERS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 session</td>
<td>$45 (per member)</td>
<td></td>
</tr>
<tr>
<td>5 sessions</td>
<td>$200 (per member)</td>
<td></td>
</tr>
<tr>
<td>10 sessions</td>
<td>$385 (per member)</td>
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</tbody>
</table>

Start working one-on-one with a trainer and you will receive a comprehensive lifestyle plan which will include guidance in cardiovascular conditioning, resistance training, flexibility enhancement, and proper nutrition - giving you maximum return on your set goals. A complete personalized physical assessment will be performed, allowing you to track all of your achievements.

Do you need a more challenging exercise routine? Thirty-minute sessions with our professional trainer will refresh your workouts and take you to the next level.

Training with a friend will inspire you to stay focused on your fitness goals. Achieve a healthier lifestyle with the help of our dedicated trainer. Semiprivate sessions are an ideal way to have fun and get fit with a friend.

ALL SALES ARE FINAL
AND EXPIRE ONE YEAR FROM DATE OF PURCHASE.
NO REFUNDS OR CREDITS WILL BE ISSUED.

MOTIVATING, EDUCATING, AND HELPING YOU SUCCEED.

EDUCATION
Strength & Conditioning Coach Internship at Colgate University
Morrisville State College - B.S. in Human Performance, Health Promotion
Morrisville State College - Associates of Science - Sports, Nutrition, Fitness and Management

CERTIFICATIONS
• ASCM Personal Trainer
• ACE Group Exercise Instructor
• Mad Dogg Athletics SPIN Instructor
• American Red Cross CPR, AED & First Aid

“Take care of your body. It’s the only place you have to live.” - Jim Rohn

EDUCATION/EXPERIENCE
• Over 20 Years Experience in the Health Industry
• B.S. in Exercise Sports Science, University of Utah

CERTIFICATIONS
• Certified Personal Trainer with NASM
• Certified Functional Strength Coach
• Certified Fitness Nutritional Specialist

“I structure each client’s workout to meet their specific goals using a combination of strength training and cardio intervals.”

PROFESSIONAL MEMBERSHIP
• Member, National Academy of Sports Medicine

CERTIFICATIONS
• AFAA Certified Group Fitness Instructor
• TRX Certified Instructor
• Certified Personal Trainer
• Les Mills Bodypump Instructor
• Mad Dogg Athletics SPIN Instructor

“Make your workout an art, and a power for your mind.”