

YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

Whether you're a beginning exerciser or a well-conditioned athlete, working one-on-one with a certified personal trainer will help you to better target and achieve your fitness goals!

Certified Personal Trainer

Stacy Crase

- Certified in Personal Training, Aerobics, Cardiovascular, Medical-Exercise Therapy, and Fitness Pregnancy
- Certified Personal Trainer through the National Academy of Health & Fitness

Sport-specific training regimens can be designed for the serious athlete trying to reach their optimum performance.

Fees

Members

1 Session	\$30
2-10 Sessions	\$25 each
11 or more	\$20 each
Groups of 3	\$60
Groups of 3 (2-10 sessions)	\$55 each
Groups of 3 (11 or more)	\$45 each

Program Participant

1 Session	\$60
2-10 Sessions	\$50 each
11 or more	\$40 each
Groups of 3	\$120
Groups of 3 (2-10 sessions)	\$100 each
Groups of 3 (11 or more sessions)	\$90 each

Personal Training Entry Form

Name _____ D.O.B. _____

Address _____ City _____ State _____

Phone _____ Best time of day to call _____

Email _____

Personal Trainer: Stacy Crase

Sessions: 1 session 2-10 sessions 11 or more sessions Group sessions: 1 session 2-10 11 or more

Office Use:

Director Call _____ Initial _____