

Personal Training



Tammi Flynn

**Fitness Director
Trainer &
Registered Dietitian**

Personal Training is just that, personal! Having a personal trainer oversee your fitness program is a key component to success. We believe focusing on the client's needs and desires for fitness, health, and wellness will, in turn, lead to life-changing results.



Amy Thomson

Amy, who has been skiing for 20 years, has her PSIA (Professional ski Instructors of America certification), and is an ACE-certified personal trainer who specializes in Ski Conditioning and injury prevention. She has also worked with the chronic disease populations for about a year, and is training to be a Group Fitness Instructor.

amy@wrac.org



Connie Townsend

Connie is an ACE-certified Personal Trainer and Group Fitness Instructor. She teaches a variety of Cardio, Resistance, Core, and Senior classes, with a focus on 'functional' exercise. Connie's been in the industry for over 20 years as student, instructor, trainer, club manager and owner.

connie@wrac.org

Tammi Flynn

Tammi Flynn, MS, RD, CSSD

Tammi is a Group Ex instructor, personal trainer and registered dietitian. She has been in the industry since the 80's with most recent certifications in Crossfit and Sports Nutrition Specialist. Her current interests are working with young athletes with programming and diet to maximize their performance. She has worked with local soccer, lacrosse, track, cross country skiing, wrestling and hockey teams.

tammi@wrac.org

CALL FOR AN APPOINTMENT TODAY AT 662-3544

Find package info on back.

Nutritional Consultation with Registered Dietitian, Tammi Flynn

\$50 / session - Includes basic nutritional guidance.

\$85 / session - Includes extensive 3-day diet analysis followed by guidance and goal setting.

Personal Training - One on One (up to 1 hour)

1 Session	\$ 59	
6 Sessions	\$299 (\$50/session)	
12 Sessions	\$539 (\$45/session)	
24 Sessions	\$959 (\$40/session)	↩ <i>Your best price break!</i>

Non-Club Member Training:
Add \$4/session for facility use.

Small Group Training - 2-4 People (up to 1 hour)

1 Session	\$ 79	
3 Sessions	\$199	
6 Sessions	\$399	↩

Non-Club Member Training:
Add \$4/session for facility use.

Express Sessions - One on One (30 minutes or less!)

1 Session	\$ 39	
3 Sessions	\$109 (\$36/session)	
6 Sessions	\$199 (\$33/session)	

Non-Club Member Training:
Add \$4/session for facility use.

Appointment Cancellation Policy:

**Minimum 24 hours cancellation notice required for appointments.
Late cancellations and "no-shows" will be charged full appointment fee.**

The
WRAC
Wenatchee Racquet & Athletic Club

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