

Personal Training

Personal Training is just that. Your sessions with our trainers are personal, they are about you and your needs. Each program is designed especially for you. With our trainer's guidance and encouragement, a balance of nutrition and activity, a healthy lifestyle can become a reality.

See package info on back.

Meet our Training Staff...



Tammi Flynn

Tammi is a Registered Dietitian with a Master's degree in Nutrition Science, and author of *The 3-Apple-a-Day Plan: Your Foundation for Permanent Fat Loss*. Tammi is also a Personal Trainer and Group Exercise Instructor. Over the last 20+ years she has helped hundreds of nutrition, exercise, and weight loss clients achieve their goals.
e-mail:
nutritiontips@flynnpkg.com



Kaye Sirmon

Kaye is an ACE-certified Personal Trainer and also holds a certification as a TRX instructor. Kaye has over 15 years fitness experience teaching group exercise, and success in maintaining an active lifestyle with her own family. Kaye's goal is to help people of all ages establish consistent, fun fitness habits in their lives.
e-mail:
kaye@wrac.org



Connie Townsend

Connie is an ACE-certified Personal Trainer and Group Fitness Instructor. She teaches a variety of Cardio, Toning, and Core 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.
e-mail:
connie@wrac.org



K.C. Mulhall

K.C. is an ACE-certified Personal Trainer and Group Fitness Instructor. K.C. has a passion and desire to help people meet their fitness goals. He believes keeping people injury free is the key for success. K.C. has been in the fitness industry for over 10 years. He teaches weight circuit and Yoga.
e-mail:
kmyoga@live.com

CALL TODAY FOR AN APPOINTMENT, 662-3544

Private Training - One on One

Fee schedule:

24 Sessions \$720 (only \$30/session...*your best price!*)

12 Sessions \$420 (\$35/session)

6 Sessions \$240 (\$40/session)

1 Session \$ 50

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

ADD...

a *Training Buddy* for ONLY \$10 per session!

Nutritional Consultation

Registered Dietitian, Tammi Flynn
Includes a three day food analysis

1 Session \$85

Appointment Cancellation Policy:

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



**CALL FOR AN
APPOINTMENT
TODAY,
662-3544.**