

What is Personal Training?

- One-on-one training and assistance in the development and/or improvement of an exercise program.
- Personal training clients are provided with an individualized exercise program tailored to meet specific health and fitness goals.

What we offer:

- Fitness Assessments
- Weight Loss Management
- Strength Training
- Sports Conditioning
- Cardiovascular Training
- Special Event Training
- Activity Specific Training (Yoga, Running, Pilates)

Personal Training Policies

- We ask that you arrive at least 10-15 minutes early for your initial visit to allow ample time for paperwork and payment
- All sessions are 1 hour in duration
- All purchased sessions are non-refundable
- All sessions are non-transferrable
- General Facility Rules and Fitness Center Rules apply

For further questions or to set up an initial appointment with a trainer, **please contact Alicia Bercury**, Fitness Coordinator, **by phone at 724-625-1636, Ext. 160 or by email abercury@twp.pine.pa.us**



**100 Pine Park Dr.
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E-mail: pinecenter@twp.pine.pa.us

Website: www.twp.pine.pa.us

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Personal Training



REACH YOUR GOALS!



Your Trainer Will:

- Develop a customized exercise plan to help you reach your goals
- Provide you with uninterrupted, individual sessions
- Provide you with motivation and support to help your workout be the best it can be
- Provide a safe and effective exercise environment using the latest training methods



Meet Our Trainers!



**CAROLYN
GRIDER**

Carolyn specializes in programs designed to achieve proper movement patterns through functional activities. She enjoys helping her clients reach their goals through a variety of cardiovascular and strength programs.

Qualifications: Doctor of Physical Therapy, B.S. in Biobehavioral Health, ACE Certified Personal Trainer, ACE Health Coach, Precision Nutrition Level 1 Coach



**TESS
OSBORNE**

Tess specializes in working with athletes and those looking to lose weight. She incorporates cardio, strength training, and nutrition to create a complete well-rounded program. Her priority is helping clients achieve their goals.

Qualifications: NETA Certified Personal Trainer, Group Exercise Specialty Certifications in Yoga, Cycle and Insanity

Training Options

1-1 Personal Training Packages

# of sessions	Member	Non-Member
1 Session	\$45	\$55
3 Sessions	\$129	\$159
6 Sessions	\$258	\$318
9 Sessions	\$369	\$459
12 Sessions	\$468	\$588

2-1 Personal Training Packages (rate = per person)

# of sessions	Member	Non-Member
1 Session	\$30	\$40
3 Sessions	\$84	\$114
6 Sessions	\$168	\$228
9 Sessions	\$234	\$324
12 Sessions	\$288	\$408

3-1 Personal Training Packages (rate = per person)

# of sessions	Member	Non-Member
1 Session	\$25	\$35
3 Sessions	\$69	\$99
6 Sessions	\$138	\$198
9 Sessions	\$189	\$279
12 Sessions	\$228	\$348

Pine
COMMUNITY
CENTER

*Let us help you reach
your goals!*