

Now Available!

# Personal Training

Pine Community Center is proud to introduce our

## Personal Training Program

*Our Certified Trainers can develop a customized exercise plan to help you reach your fitness goals while providing you with one-on-one training, support and motivation!*

### Our Trainers

Rich Miller

Sharon Mitchell

*All of our trainers are certified with either a 4 year degree in exercise physiology and /or an A.C.E. Personal Trainer Certification*

### What We Offer

Fitness Assessments      Weight Loss Management  
Sports Conditioning      Strength Training  
Cross Training      Fitness Counseling  
Special Event Training      Group Personal Training

### Personal Training Packages

	Member	Non-Member
1 Session	\$ 45.00	\$ 55.00
3 Sessions	\$ 129.00	\$ 159.00
6 Sessions	\$ 258.00	\$ 318.00
9 Sessions	\$ 387.00	\$ 477.00
12 Sessions	\$ 480.00	\$ 600.00

**Initial Fitness Assessment required for each Personal Training Package**

*Achieve Your Fitness Goals!*

**Call Today to Schedule Your Session**

**Pine**  
COMMUNITY  
CENTER

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