

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

Lauren Burlett

Rich Miller

Emily Shimko

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

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

100 Pine Park Drive
Wexford, PA 15090
724-625-1636
www.twp.pine.pa.us