

Sign Up For A Free Consultation

Name: _____

Phone #: _____

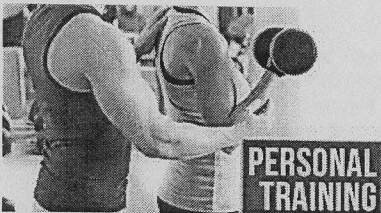
Email: _____

Age: _____



**Drop Off at the Front Desk or Give
To Weight Room Attendant**

You will be contacted by our Fitness
Coordinator, Jeremiah Salazar, to
Schedule Your Free Consultation
for a Personal Trainer.



Personal Trainers

Michele Souder

*Certified Group Fitness Instructor
Osteoporosis, Knee/Hip Replacements,
Back Issues, Heart Conditions*

Nick Chrissan

*Corrective Exercise Specialist
Weight Loss, Knee Replacements,
Back & Shoulder Issues*

RoseMarie Hotchkiss

*Certified Group Fitness Instructor
Pilates Certified for Matwork & Reformer Level 1
Weightloss, Baby Boomers, Overall Fitness*

Seth Hatfield

Youth Populations, Overall Fitness

Susan Quinn

*Certified Nurses Aid
Aging & Disability Populations, Weight Loss,
Youth Fitness, Fitness/Figure Competitor*

Wendi Coffman-Stanley

*Certified Group Fitness Instructor
Certified Spinning Instructor
Weight Loss, Overall Fitness*

City of Overland Park

Matt Ross/Tomahawk Ridge
Community Centers

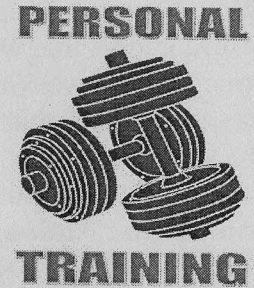
Schedule A Free Consultation

**Jeremiah Salazar
Fitness Coordinator
(913) 895-6359**

jeremiah.salazar@opkansas.org



**Matt Ross &
Tomahawk Ridge
Community Centers
Personal Training**



*“It will hurt. It will take time. It
will require dedication. It will
require will power. You will need
to make healthy decisions. It
requires sacrifice. There will be
temptation. But, I promise you,
when you reach your goal, it’s
Worth it.”*

How Can WE Help YOU!

OVERLAND PARK
K A N S A S

ABOVE AND BEYOND. BY DESIGN.

About Personal Training

A Personal Trainer is a fitness professional involved in exercise prescription and instruction. Clients are motivated by setting goals, providing feedback, and accountability. Personal Trainers have measuring tools that will determine strengths and weaknesses with fitness assessments, that can later be tested again for improvements in physical fitness.

All our Trainers are Nationally Certified and are ready to design a fitness program just for You!

Benefits

Get fresh new perspectives & ideas on Health, Nutrition, and Fitness

Accountability & Motivation

Receive Solid, Consistent, Non-judgemental Support

Proper Training in Technique & Form

Injury Prevention / Injury Rehab

Maximize your Workout & Minimize your Time

Results! Results! Results!

Personal Trainers

Adrian Ludwig

*Rehab, Weight Loss,
Youth Athletics, Overall Fitness*

Darrell-Duane Wray

*Certified Group Fitness Instructor
Aging Populations, Flexibility & Strength Training,
Physical, Mental, & Spiritual Well-being*

Deb O'Hearne

*Certified Group Fitness Instructor
Strength, Endurance, Overall Fitness*

Kurt Williams

*Certified Senior Fitness Specialist
Athletes, Overall Fitness*

Maria Dubois

*Certified Group Fitness Instructor
Certified Yoga & Pilates Instructor
Aging Populations, Overall Fitness*

Mary Latenser

*Certified Group Fitness Instructor
Aging Populations, Pilates, Flexibility*

Pricing*

\$50 – 1 session \$304 – 8 sessions

\$160 – 4 sessions \$420 – 12 sessions

Small Group 2-4 people

\$120 – per person 4 sessions

\$224 – per person 8 sessions

Sessions are One Hour

**Pricing for Members only. An additional \$8 per session will be added for Non-memberships. Group Ex memberships do not apply.*

Quotes From Clients...

"Working with a trainer helped me to grow stronger physically and mentally. My trainer, Deb, challenges me in fun ways and I leave each workout feeling happy and proud of myself." --Julie VanErem

"Over nearly three years, Mary's personal training expertise has enabled a mature person like me to find a healthy balance of physical stress release from a demanding job. I credit Mary for encouraging me to develop the skills to better train my body for better endurance, flexibility, and agility. Mary is a demanding yet encouraging taskmaster who continually challenges me with a wide variety of focused routines that produce a healthier, more firm body. She goes above and beyond by checking in via email between personal training sessions. The outcome is I feel better about myself and my posture demonstrates that result." --Pam

"With the help of Michele, my personal trainer of 10 years, I have been able to maintain my physical strength, agility and balance. She has evaluated my needs and works up weekly exercise plans for me. I owe my physical well being to her." --Judi Chaitman

"My trainer, Maria, loves what she does and is encouraging and challenging in all the ways you want a trainer to be. And she is so creative to keep the workout interesting! You couldn't find a better trainer in the area. I highly recommend MRCC for their many offerings. It is a full service community service with excellent staff and cheerful volunteers!" --Carol Gee

"Susan is a great trainer. She is very patient and knowledgeable as well as positive. She offers a lot of support and encouragement, which is so vital in keeping one going! I highly recommend her!" --Micky M.

"I had been struggling with establishing an effective workout routine before I finally decided to sign up for Personal Training sessions. Seth has taken the time to get to know me and has tailored a program to my specific needs and goals. I have already gotten stronger, increased my endurance, and gained confidence over the few short weeks since I've started the program. The overall experience has exceeded my expectations, and I am really glad I took that first step and signed up for personal training sessions." --Lynn Ketelarr