

## WHAT IS YOUR FITNESS GOAL?

Whether it's to lose weight, build muscle, improve performance, or just be healthy, personal training has something to offer you. Personal training is revolutionizing the way people look, move, and feel, and can improve the quality of life for people of all ages.

### Individual Training Rate:

\$30 / 30 minutes

\$42.50 / 45 minutes

\$50 / 55 minutes

**Partner Training Rate:** \$75 / 55 minutes

**Trio Training Rate:** \$95 / 55 minutes

**Payment Options:** Pay per session or prepay for five visits for your convenience.

## ASSESSMENTS:

We offer complimentary blood pressure and body composition assessment weekdays by request.

Please ask Fitness Center staff.

## FITNESS CENTER ADMISSION:

A fitness pass or daily drop-in fee of \$5.50(R) / \$7(NR) is required for personal training.

## SET AN APPOINTMENT:

Please call trainer directly to schedule your **free 30-minute personal training consultation.**

See trainer contact information (on other side).

## CANCEL/REFUND POLICY:

Check with your trainer regarding rescheduling and cancellation policy.

## OUR MISSION:

Through partnerships and exceptional customer service, South Bellevue Community Center provides accessible opportunities for recreation, fitness, education, and celebrations to build a healthy community.

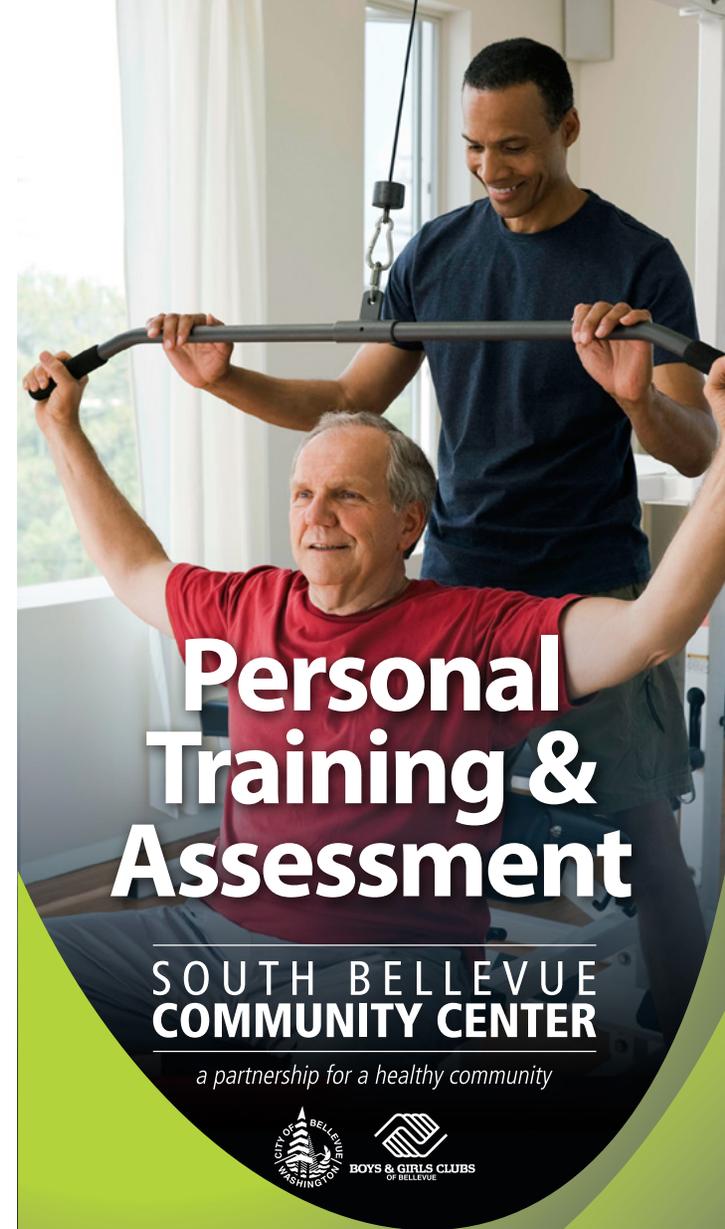
 This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



**Bellevue Parks & Community Services**

[MyParksandRecreation.com](http://MyParksandRecreation.com)

City of Bellevue  
Parks & Community Services  
PO Box 90012  
Bellevue, WA 98009-9012



# Personal Training & Assessment

**SOUTH BELLEVUE  
COMMUNITY CENTER**

*a partnership for a healthy community*



14509 SE Newport Way  
Bellevue, WA 98006

425-452-4240

[www.bellevuewa.gov](http://www.bellevuewa.gov)

[www.myparksandrecreation.com](http://www.myparksandrecreation.com)

# PERSONAL TRAINING

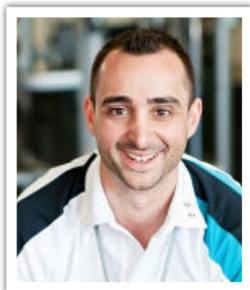
## Mihai Suvagau

NASM, CHEK, FMS, HKC, Crossfit, IACEFT, TPI

**Phone:** 425-444-2729

**Email:**

coach1mihai@gmail.com



Growing up, Coach Mihai had always been fit but that all changed in 1997 when he moved to the US. He gained 80lbs in less than 6 months and all of a sudden found himself overweight. So he decided to get himself educated and back into shape. Once he lost the weight he wanted to share his knowledge with everyone else. With two AAS degrees, one in Exercise Science and one in Massage Therapy and eleven national certifications, Coach Mihai has developed a training style that focuses on results. No frills and no 'fillers', just focused results. His specialty is weight loss, strength training and injury rehab and for the past 5 years he has helped hundreds of clients of all different ages.

Mihai has many varied interests such as playing soccer, volleyball or just grabbing a cup of coffee and reading a good book. He likes to approach life with a positive attitude and make friends anywhere he goes. Mihai believes that everyone should achieve the strongest and healthiest version of themselves and he strives to help everyone achieve their goals in the shortest time possible.

## Sara Grandstrand

MS, ATC/L, CSCS  
Grandstrand Athletic Training

**Phone:** 425-765-8980

**Email:** sara.atc@gmail.com

Sara is a certified athletic trainer and certified strength and conditioning specialist with a degree in exercise science and athletic training from Pacific Lutheran University and a master's degree in exercise and sports studies from Boise State University. She has experience in a variety of sports medicine-related settings including athletic training, biomechanics, performance enhancement, and rehabilitation. She has also collaborated on research related to the prevention and rehabilitation of knee ligament injuries in female athletes.

Currently, Sara is the head athletic trainer for Interlake High School in Bellevue. She works with all of the Interlake athletics teams providing sports medicine, injury treatment, and rehabilitation. Additionally, Sara teaches conditioning classes at the South Bellevue Community Center. Her classes include Post-Rehab Strength and Conditioning, Core Conditioning, Fit Girls, and Snow Sport Conditioning.

Sara has a passion for injury prevention, corrective exercise, rehabilitation, and return to play training. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.



## Diane DeFuria

LMP, NSCA-CPT

**Phone:** 425-221-0070

**Email:** ddefuria@msn.com

NSCA Certified Personal Trainer since 2004, Diane infuses her cutting-edge training approach with a remarkable blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible.



Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to be healthy, fit, and youthful, regardless of age.

Diane lives her "Age Later!" motto, and is passionate about helping others make that uplifting attitude a part of their own lives. A long-time Bellevue resident, she relishes the active and healthy lifestyle.

## Karie Underwood

NASM-CPT, FSN

**Phone:** 425-830-0668

**Email:**

karie.underwood@gmail.com

**Website:**

www.karieunderwood.com



Karie Underwood, a National Academy of Sports Medicine-Certified Personal Trainer, ACE- Certified Group Fitness Instructor & NASM-Fitness Nutrition Specialist, has worked with fitness clients for over 20 years and has a passion for helping people reach their fitness & health goals. She has a background in dance and fitness, and is the mother of two active boys.

Karie currently teaches Boot Camp, ZUMBA® and Small Group Training. Karie's energy is contagious and she keeps her clients smiling (& sweating) throughout every session.

Her Small Group Trainings are made up of 3-4 participants to 1 coach. Custom designed workouts are built for each member of the small group. All fitness levels benefit as she provides accountability, motivation, support and expert guidance. Sessions are typically 2 months in length and are located in the Fitness Center. Register through SBCC in-person, online or call 425-452-4240.