

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:

\$33 / 30 minutes

\$46 / 45 minutes

\$55 / 55 minutes

Partner Training Rate: \$80 / 55 minutes

Trio Training Rate: \$105 / 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:

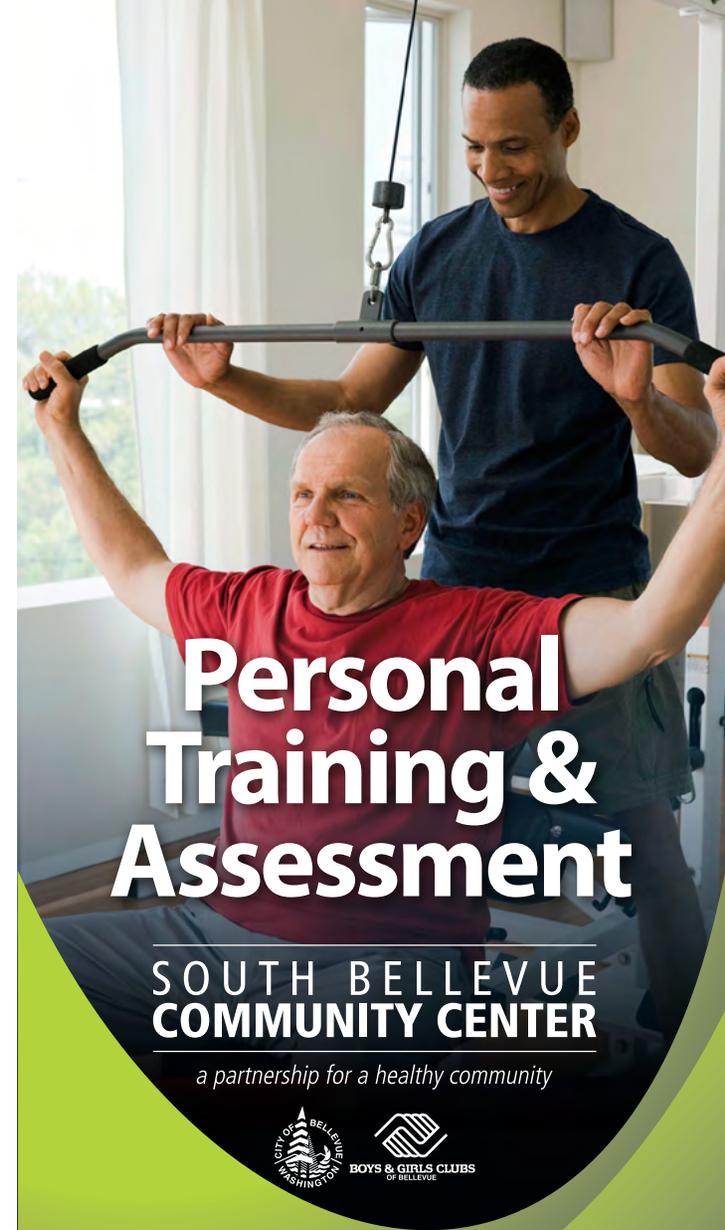
Please call trainer directly to schedule your **free 30-minute personal training consultation**. See trainer contact information (on other side).

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.



Personal Training & Assessment

**SOUTH BELLEVUE
COMMUNITY CENTER**

a partnership for a healthy community



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.



MyParksandRecreation.com

14509 SE Newport Way
Bellevue, WA 98006

425-452-4240

www.bellevuewa.gov

www.myparksandrecreation.com

PERSONAL TRAINING

Mihai Suvagau

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

Phone: 425-444-2729

Email: coachmihai@gmail.com

Availability:

Mon/Wed 8am-12pm



Growing up, Coach Mihai was always fit, but that changed in 1997 when he moved to the US. He gained 80lbs in less than 6 months. That motivated him to learn about health and fitness, lose the extra weight, and share his knowledge with others. 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. His specialty is weight loss, strength training and injury rehab.

Mihai enjoys soccer, volleyball, and reading a good book to relax. He approaches life with a positive attitude and believes that everyone should achieve the strongest and healthiest version of themselves.

Sara Grandstrand

MS, ATC/L, CSCS

Phone: 425-765-8980

Email: sara.atc@gmail.com

Availability: Mon-Thurs 7am-1pm,
Tue-Thurs 5:30-9pm, Sat 8am-12pm

Sara is a certified athletic trainer and strength and conditioning specialist with an undergraduate 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.

Currently, Sara is the head athletic trainer for Interlake High School in Bellevue. Additionally, Sara teaches conditioning classes at SBCC. Sara has a passion for injury prevention, performance enhancement, 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

Availability: Mon/Thurs 6am-2pm,
Wed 7:30-11:30am, Fri 6am-1pm,
Sat 10:30am-2pm

NSCA Certified Personal Trainer since 2004, Diane infuses her cutting-edge training approach with a 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 DeFuria (Cont.)

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.

Diane Price

DC, LMP, NCSF-CPT,
American Red Cross
Instructor, Owner, Fitness
For You, LLC

Phone: 425-691-7594

Email:

diane.price@outlook.com

Availability:

Mon-Fri 7am-5pm

Diane is a Personal Trainer as well as a Doctor of Chiropractic and a Licensed Massage Therapist. She practiced and operated her Chiropractic and Massage Therapy clinic for 16 years and also completed a 300+ hour post-graduate program on exercise rehabilitation. Additionally, Diane is a weight-loss management professional and she has assisted hundreds of people to obtain their weight loss goals.

In 2001 Diane lost 47 pounds and has maintained her weight loss. Diane is married to a wonderful husband and the mother of 4 daughters. Currently, Diane teaches Total Body Fitness classes at SBCC. She believes that everyone, at any age, is able to improve themselves both physically and nutritionally. She is an avid fitness participant and has always enjoyed helping people improve their health, reach their goals, and be the best that they can be!

