

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.

NEW OPTION! CUSTOMIZED WORKOUT 4-PACK

Have one of our certified personal trainers design a workout routine just for you in 4 easy sessions (30 minutes each) with no long-term commitment! The first session is a consultation to ensure your trainer designs a workout that is tailored to your specific goals, needs or any limitations you may have. The following 3 sessions are used to teach you the workout, make any adjustments necessary and help you progress.

Perfect for those who don't want ongoing personal training but would like a new or specific workout routine.

This package is a one-time offer at \$99 (\$132 value).

All 4 sessions must be used within a 90-day period.



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.



Bellevue Parks & Community Services

MyParksandRecreation.com

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:

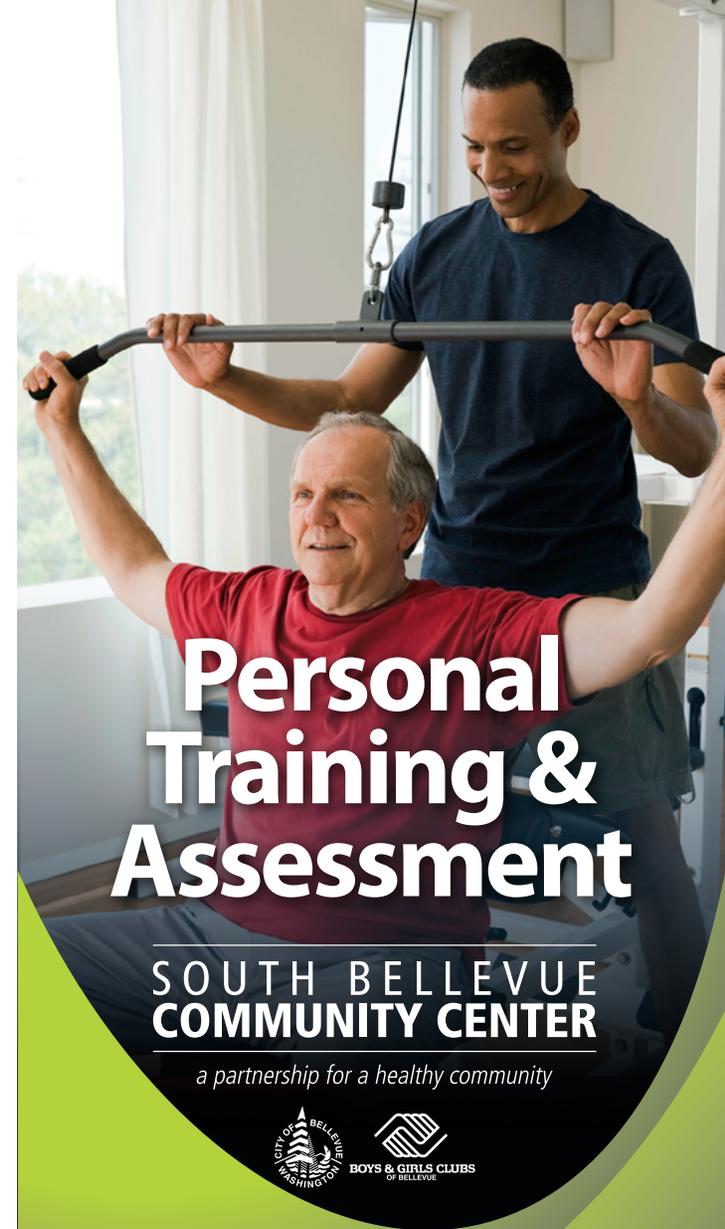
Please call trainer directly to schedule your **free 30-minute personal training consultation**. See trainer contact information (on other side).

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.



14509 SE Newport Way
Bellevue, WA 98006

425-452-4240

www.bellevuewa.gov

www.myparksandrecreation.com

PERSONAL TRAINING

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 6am-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 holds certifications in Fitness Nutrition and Weight-Loss Specialty. 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 as well as Strong & Fit 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!



Sara Grandstrand

MS, ATC/L, CSCS

Phone: 425-765-8980

Email: sara.atc@gmail.com

Availability: Mon 4-8pm,
Tue/Thurs 8am-12pm,
Wed 9am-12pm and 4-8pm,
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. She also has a master's degree in Exercise and Sports Studies from Boise State University, where she conducted and co-authored research related to the prevention of injuries in female athletes. She has experience in a variety of sports medicine-related settings including athletic training, strength and conditioning, physical therapy and biomechanics research.

Sara was the head athletic trainer for Interlake High School in Bellevue for 10 years. Currently, she is the head gymnastics coach at Interlake. Additionally, Sara teaches conditioning classes at SBCC. Sara has a passion for injury prevention, performance enhancement, corrective exercise, rehabilitation, return to play training, and prenatal/postnatal exercise. 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/Tue/Thu/Fri 6am-4pm,
Wed 7:30am-12pm,
Sat 8am-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 improve posture, 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.

