

## PERSONAL TRAINING

### 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 to making that uplifting attitude a part of their own lives. A long-time Bellevue resident, she relishes the active and healthy lifestyle.

## 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.

## FITNESS CENTER ADMISSION:

A fitness pass or daily drop-in fee of \$4.50 (R) / \$5.50 (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 left.

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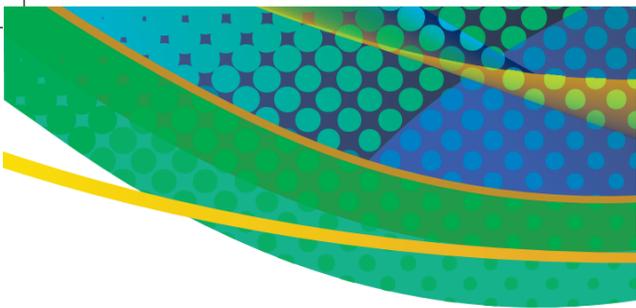
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## CANCEL/REFUND POLICY:

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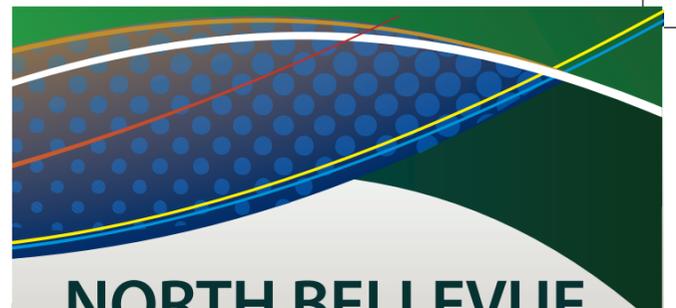
This information will be provided in alternate formats for individuals with disabilities upon request. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.



Bellevue Parks & Community Services  
MyParksandRecreation.com

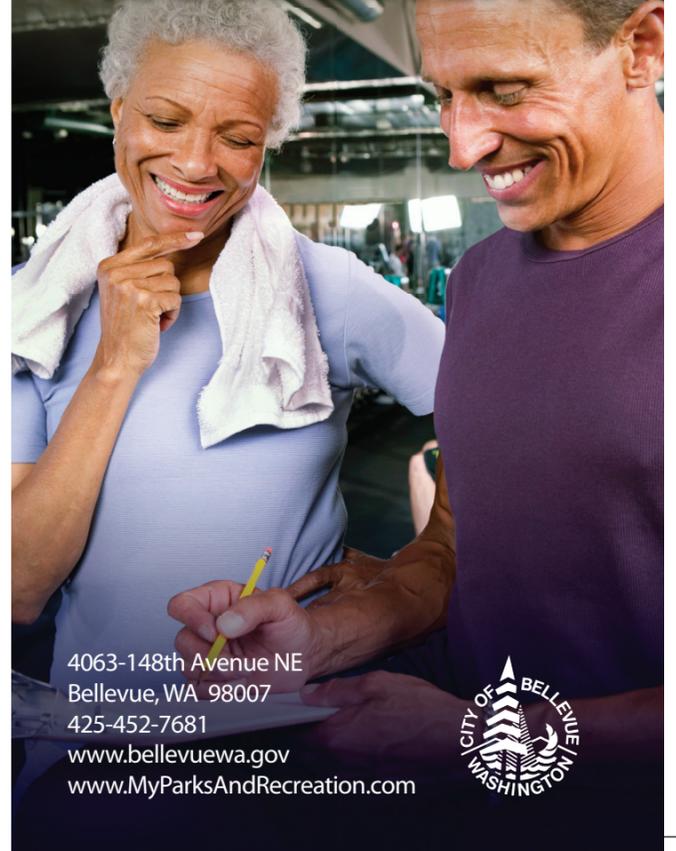
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City of Bellevue  
Parks & Community Services  
PO Box 90012  
Bellevue, WA 98009-9012

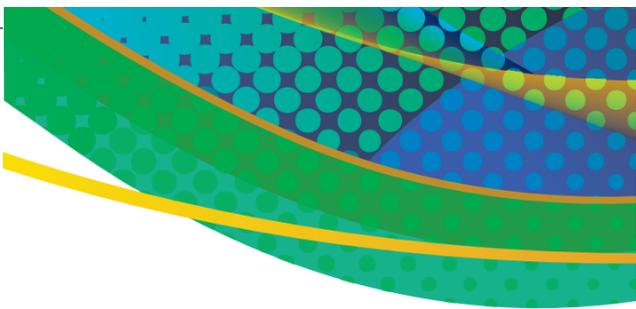


## NORTH BELLEVUE COMMUNITY CENTER

# PERSONAL TRAINING & ASSESSMENT



4063-148th Avenue NE  
Bellevue, WA 98007  
425-452-7681  
www.bellevuewa.gov  
www.MyParksAndRecreation.com



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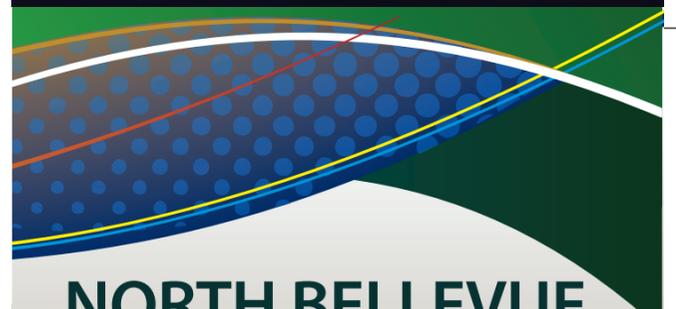
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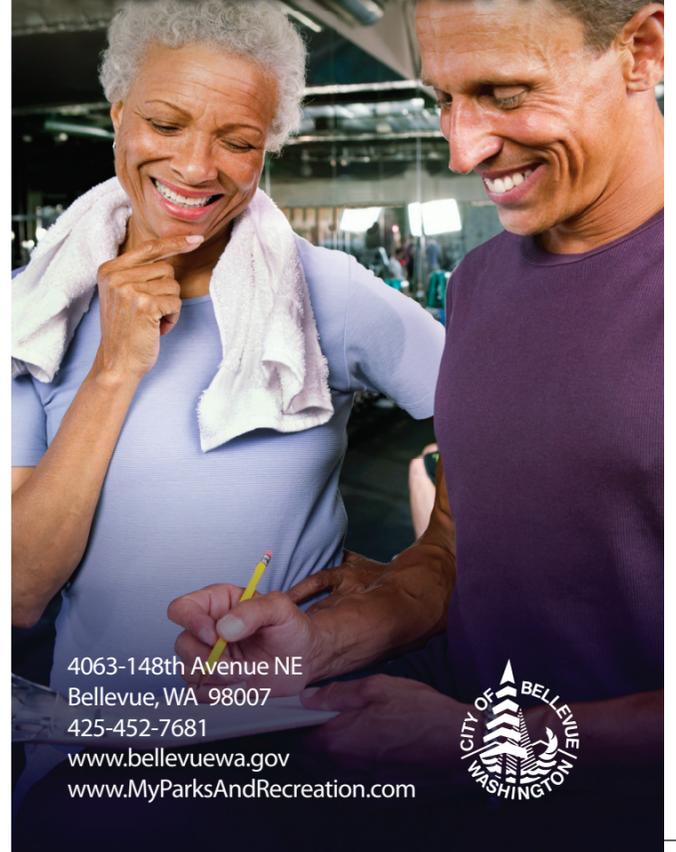
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