



SCC PERSONAL TRAINING OPTIONS AND PRICING

1 HOUR SESSION		1/2 HOUR SESSION	
SESSIONS	COST	SESSIONS	COST
1	\$45	1	\$30
4	\$170	4	\$110
8	\$325	8	\$215

CONTRACTED PT: HEATHER YOUNG

1 HOUR SESSION	1/2 HOUR SESSION
\$60	\$40

CONTRACTED PT: LESLIE ELLIS

1 HOUR SESSION	1/2 HOUR SESSION
\$50	\$30

BRING A FRIEND

1 TRAINER/2 PERSONS	1 HOUR SESSION
2 PERSONS	\$65

Package pricing must be paid in full prior to first visit. Packages cannot be split or broken down. PT sessions are scheduled with the Wellness Director at the Fitness Floor desk, or by calling **330-332-5885**



POLICIES AND PROCEDURES

Each training session usually lasts 60 minutes. To meet your individual needs, 30 and 60-minute sessions are available. Arrive early so that you may warm up and stretch prior to beginning your training session.

Cost per session is based on individual needs and length of session. Payment must be made prior to the training session.

We recommend that you begin with a FREE Fitness Floor Orientation. Consult your physician prior to beginning a training session.

All session and training plans will be discussed by the client and the trainer. One 60-minute session is recommended so we may adequately inform, educate, and instruct you on how to get more out of your exercise program.

There will be no charge for sessions cancelled with at least an 8-hour notice. Any notification under this time frame will result in a full session rate charge.

Please wear loose fitting, comfortable clothing, along with appropriate athletic footwear.

Bring a water bottle to each training session.



PERSONAL TRAINING

For Fitness, Performance & Life

330-332-5885

Salem Community Center
1098 N. Ellsworth Ave.
Salem, Ohio 44460

ABOVE THE REST



Acknowledged as one of the premier fitness centers in northeast Ohio, the Salem Community Center (SCC) and its staff use a combination of knowledge, personal experience and devotion to motivate you to achieve optimal health and your fitness goals.

You will find the most qualified and professional trainers at the Salem Community Center. Our trainers are required to have a certification in personal training and background in exercise science or health-related fields.



MEET OUR TRAINERS

Certified - Experienced - Knowledgeable - Reliable



Executive Director
Heather Young, CPT

Heather is a certified Personal Trainer & Nutritional Coach through NETA & ISCA. She has many years of experience with athletes and post rehab injuries.



Wellness Director
Leslie Ellis, CPT

Leslie is an ACE Certified Personal Trainer and a TBMM Corrective Exercise Specialist. Helping gain mobility and strength is her primary focus.



Tadd Stout, CPT

Tadd is a Personal Trainer certified through ACE. His emphasis is on strength training with proper technique and inspiring clients to make working out a part of their lifestyle.



Laurie Camp, CPT

Laurie is a certified Personal Trainer through ISCA. Laurie is certified in Pilates, Kickboxing, Spinning, Body Sculpt & Step Aerobics.



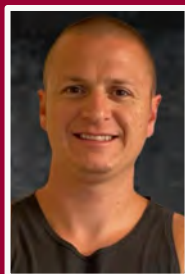
Jen Brammer, CPT

Jen is a certified Personal Trainer through ISCA. She is an SCC aerobic instructor with a background in strength training and interval training.



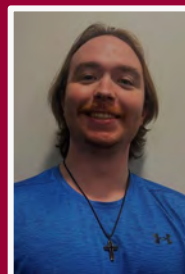
Suzanne Harding, CPT

Suzanne is a certified Personal Trainer through ISCA and NETA. Her background in teaching American Red Cross Water Safety and aerobic classes.



Christopher Stone, CPT

A 20 year Army veteran holding an MS in Strength & conditioning. He is an ISSA Certified Personal Trainer & enjoys working with athletes of all ages & teaching adult functional fitness.



Alex Waterbeck, CPT

Alex is an ISSA certified Personal Trainer who's focus is on weight loss and strength training, but his main passion is helping clients achieve their own fitness goals.



Chris Minamy, CPT/NC

NASM Certified Personal Trainer & Nutrition Coach. Certified in Weight Loss, Senior, Women's Stretching & Flexibility & Behavior Change. His focus is on functional training for ROM and Strength.

Exercise is a celebration of what your body can do.

Never a punishment for what it can't do

