

# Personal Trainers

## Mirka Lipsky (Patch, Panzer, Kelley)

America Council of Exercise (ACE)

- Certified Personal Trainer
- Group Fitness Instructor

Email: [miroslava.lipsky@outlook.com](mailto:miroslava.lipsky@outlook.com)

Phone: 01709789565

## Alesia Payne (Patch, Panzer, Kelley, RB)

National Academy of Sports Medicine (NASM)

- Certified Personal Trainer
- Weight Loss Certificate
- Women's Fitness Certification

Email: [alesiapayne777@gmail.com](mailto:alesiapayne777@gmail.com)

Phone: 015256876062

## Sandra Doherty Healy (Patch, Panzer)

American Council on Exercise (ACE)

- Personal Trainer
- Health Coach
- Group Fitness Instructor

Email: [victoriouswarrioryoga@gmail.com](mailto:victoriouswarrioryoga@gmail.com)

## Sara Garavuso (Patch, Panzer, Kelley)

American Council on Exercise (ACE)

- Certified Personal Trainer

Email: [saragaravuso@gmail.com](mailto:saragaravuso@gmail.com)

Phone: 01624833044

## James Richardson (Patch, Panzer)

International Sport Sciences Association (ISSA)

- Certified Personal Trainer
- Specialist in Strength & Conditioning
- Running Coach

Email: [james.richardson.cpt@gmail.com](mailto:james.richardson.cpt@gmail.com)

## Luis Rivera (Patch, Panzer, Kelley)

- Boxing Coach

Email: [luis.rivera1919@yahoo.com](mailto:luis.rivera1919@yahoo.com)



# Personal Training Fees

## Hourly

One-hour Session	\$40
One-hour Partner Training*	\$60

## Multiple Session Packages

4 One-hour Individual	\$145
4 One-hour Partner Training*	\$220
8 One-hour Individual	\$290
8 One-hour Partner Training*	\$430
12 One-hour Individual	\$430
12 One-hour Partner Training*	\$650

\*Partners must have similar fitness goals and agree to train together for all sessions.

# Tennis Program

Private session	\$30
Semi private session*	\$40

\*\$20 per person

Group sessions and Clinics also available

## Elena Novello

Professional Tennis Registry Certified

- Tennis Coach

Email: [enotennispro@gmail.com](mailto:enotennispro@gmail.com)