

PERSONAL TRAINING

FEES

Hourly

1-hour Session.....\$40

1-hour Partner Training*\$60

Multiple Session Packages

4 1-hour Individual.....\$145

4 1-hour Partner Training*...\$220

8 1-hour Individual.....\$290

8 1-hour Partner Training*...\$430

12 1-hour Individual.....\$430

12 1-hour Partner Training*..\$650

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

TENNIS PROGRAM

Private Session.....\$40

Semi-private Session*....\$60

*\$30 per person.

Group sessions and clinics also available.

Elena Novello

Professional Tennis Registry Certified

» Tennis Coach

Email: enotennispro@gmail.com



TRAINERS

Mohamad Allaw

(Patch, Panzer, Kelley, RB)

Academy of Exercise Medicine

» Advanced Personal Trainer

Email: mohamad.allaw699@gmail.com

Phone: 017675420295

Whatsapp only: 01606385917

Silvia Carr

(Patch, Panzer, Kelley)

National Fitness Professionals Association (NFPA)

» Certified Personal Trainer

Email: simonica@web.de

Phone: 01737218664

Sandra Doherty Healy

(Patch, Panzer)

American Council of Exercise (ACE)

» Certified Personal Trainer

» Health Coach

» Yoga Teacher

Email: victoriouswarrioryoga@gmail.com

Sol Windsor

(Patch, Kelley)

National Council on Strength & Fitness (NCSF)

» Certified Personal Trainer

Email: solwindsor@gmail.com

IG: sols.fitness

Private Yoga

Robin Forbes

(Patch, Panzer, Kelley)

» Yoga Teacher

» Massage Therapist

» Email: pakponmassage@gmail.com