

Personal Trainers

Mohamad Allaw (RB)

Sport Performance Institute (SPI)

- Certified Personal Trainer

National Academy of Physical Culture (NAPC)

- Certified Body Building & Fitness Trainer

Academy of Functional Exercise Medicine (AFEM)

- Swedish and Thai Massage Therapist

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Kelli Barnes (Patch, Panzer)

American Council on Exercise (ACE)

- Certified Personal Trainer

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Robin Godlewski (Patch, PZ, Kelley)

Aerobics & Fitness Association of America (AFAA)

- Certified Personal Trainer

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Tiana B. Hertenstein, CSCS (RB)

National Strength & Conditioning Association (NSCA)

- Certified Strength & Conditioning Specialist
- Certified Coach USA Weightlifting Level 1 Sports Performance

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Payton Fearnside (Patch, PZ, Kelley)

International Sport Sciences Association (ISSA)

- Certified Personal Trainer

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Tommie Edwards (Patch, PZ, Kelley, RB)

International Sport Sciences Association (ISSA)

- Certified Personal Trainer,
- Certified Master Fitness Trainer

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Stephanie Jones (Patch, PZ, Kelley, RB)

National Academy Sports Medicine (NASM)

- Certified Personal Trainer,

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Tracie LeRosa (Patch, Panzer, Kelley)

Aerobics and Fitness Association of America (AFAA)

- Certified Personal Trainer

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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.