Massage Therapists

**Personal Trainers**

**Robin Godlewski (Patch, PZ, Kelley)**

Aerobics & Fitness Association of America (AFAA)

* Certified Personal Trainer

Email: [buffdawgs@hotmail.com](mailto:buffdawgs@hotmail.com)

Phone: 071167210895

**Tiana B. Hertenstein, CSCS (RB)**

National Strength & Conditioning Association (NSCA)

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

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

Phone: 0152-563-31219

**Payton Fearnside (Patch, PZ, Kelley)**

International Sport Sciences Association (ISSA)

* Certified Personal Trainer

Email: [**Paytonfearnsidefitness@gmail.com**](mailto:Paytonfearnsidefitness@gmail.com)

Phone: **015232753866**

**Tommie Edwards (Patch, PZ, Kelley, RB)**

International Sport Sciences Association (ISSA)

* Certified Personal Trainer,
* Certified Master Fitness Trainer

Email: [**edfitnesstraining@gmail.com**](mailto:edfitnesstraining@gmail.com)

Phone: 015110475003

**Stephanie Jones (Patch, PZ, Kelley, RB)**

National Academy Sports Medicine (NASM)

* Certified Personal Trainer,

Email: [**stephanieveronicajones@gmail.com**](mailto:stephanieveronicajones@gmail.com)

Phone:

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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.

**Gabrielle Brandt (Patch)**

Pregnancy Massage:

$90 for 90 min., $70 for 60 min., $40 for 30 min.

Deep Tissue/Sports Massage:

$90 for 90 min., $70 for 60 min., $40 for 30 min.

Aurum Manus Massage, Ayurvedic Massage:

$70 for 60 min.

Reflexology:

$45 for 45 min.

**phone: 0711-745-7602**

**e-mail: Brandt415@googlemail.com**

**Dhiana Grabert (Patch, Panzer, Kelley)**

Deep Tissue:

$95 for 90 min., $70 for 60 min., $45 for 30 min.

Swedish:

$95 for 90 min., $70 for 60 min., $40 for 30 min.

Full-body Hot Stone:

$110 for 90 min.

**phone number: 0152-0478-9677**

**e-mail: dhianagrabert@yahoo.com**

**Chris Robson (Kelley)**

Integrative Massage:

(Combines: Deep tissue, Myofascial Release,

and Swedish Work. Longer sessions include

aromatherapy and hot towels or stones)

$95 for 90 min., $85 for 80 min.,

$75 for 60 min.

Swedish Massage:

$70 for 60 min., $40 for 30 min.

Reiki:

$65 for 60 min

Lymphatic Drainage: $80

Full-body Hot Stone: $110

**phone: 0160 - 9812 - 2862**

**e-mail: kvc474@yahoo.com**

**Melanie Zoller (RB)**

Swedish, Deep Tissue, Sports Massage, Reflexo