

Personal Trainers

(Current as of 23 January 2020)

Mirka Lipsky (Patch, Panzer, Kelley)

America Council of Exercise (ACE)

- Certified Personal Trainer

Email: 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

Phone: 015256876062

Sandra Doherty Healy (Patch, Panzer)

American Council on Exercise (ACE)

- Certified Personal Trainer
- Health Coach

Email: victoriouswarrioryoga@gmail.com

Sara Garavuso (Patch, Panzer, Kelley)

American Council on Exercise (ACE)

- Certified Personal Trainer

Email: saragaravuso@gmail.com

Phone: 01624833044

Silvia Carr (Patch, Panzer, Kelley)

National Fitness Professionals Association (NFPA)

- Certified Personal Trainer

Email: simonica@web.de

Phone: 01737218664

Private Yoga Program

One-Hour Private Session:	\$40
One-Hour Partner session (2 ppl):	\$60
One-Hour Semi-Private session (3-5 ppl):	\$100
90 Minute Yoga and Thai Massage:	\$100

Multiple Session Packages

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

Robin Forbes

Certified Massage Therapist and Yoga Instructor

Email: Pakonmassage@gmail.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	\$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

Athletic Training, Strength & Conditioning

One-Hour Session	\$65
One-hour Partner Training*	\$75

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

Sanel Cehic

Personal and Athletic Trainer

Email: sc.personaltrainer@icloud.com