

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: enontennispro@gmail.com



TRAINERS

Mirka Lipsky

(Patch, Panzer, Kelley)

American Council of Exercise (ACE)

» Certified Personal Trainer

» Group Fitness Instructor

Email: miroslava.lipsky@outlook.com

Phone: 01709789565

Sandra Doherty Healy

(Patch, Panzer)

American Council of Exercise (ACE)

» Personal Trainer

» Health Coach

» Group Fitness Instructor

Email: victoriouswarrioryoga@gmail.com

Sara Garavuso

(Patch, Panzer, Kelley)

American Council of Exercise (ACE)

» Certified Personal Trainer

Email: saragaravuso@gmail.com

Phone: 01624833044

Athletic Training, Strength & Conditioning

1-hour Session.....\$65

1-hour Partner Training...\$75

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

Sanel Cehic

(Patch, Panzer, Kelley)

» Personal and Athletic Trainer

Email: sc.personaltrainer@icloud.com