

# 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

### Sandra Doherty Healy

(Patch, Panzer)

American Council of Exercise (ACE)

» Personal Trainer

» Health Coach

Email: victoriouswarrioryoga@gmail.com

### Sara Garavuso

(Patch, Panzer, Kelley)

American Council of 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

## 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