

PERSONAL TRAINERS

Current: 01 JAN 2026

Mirka Lipsky

American Council of Exercise (ACE)

- ❖ Certified Personal Trainer

Miroslava.lipsky@outlook.com
Ph. +49(0)151 529 29249

Johnena Brown

National Academy of Sports Medicine (NASM)

- ❖ Certified Personal Trainer

johnenabrown@gmail.com
Ph. +49(0)178 311 9477

Anais Llanos

American Council of Exercise (ACE)

- ❖ Certified Personal Trainer
- ❖ Certified Health Coach

WA. +1(954)263 0428

Tasneem Bhajji

International Fitness Professionals Association (IFPA)

- ❖ Certified Personal Trainer

tasneem@square1fitness.ca
Ph. +49(1)172 696 5750

Kathleen Phillips

International Fitness Professionals Association (IFPA)

- ❖ Certified Personal Trainer

WA. +49(0)152 5174 4881

Taryn Miller

- ❖ Rowing Coach

tarynbrier@gmail.com
Ph. +49(0)152 5689 1308

Nicole Spitzack

American Council of Exercise (ACE)

- ❖ Certified Personal Trainer
- ❖ USA Weightlifting Level 2

WA. +49(0)170 700 5201

PERSONAL TRAINING FEES

Hourly

1-hour Individual	\$60
1-hour Partner Training*	\$85

Multiple Session Packages

4 1-hour Individual	\$225
4 1-hour Partner Training*	\$320
8 1-hour Individual	\$430
8 1-hour Partner Training*	\$610
12 1-hour Individual	\$610
12 1-hour Partner Training*	\$870

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

Nicole Richards

- ❖ Running Coach
- ❖ Certified Personal Trainer

Nicolericardspt@gmail.com
Ph. +49(0)174 216 4520

RUNNING COACHING FEES

Hourly

1-hour Individual	\$70
1-hour Group Session** (per person)	\$45
Multiple Session Packages	
4 1-hour Individual	\$265
4 1-hour Group Session** (per person)	\$170
8 1-hour Individual	\$505
8 1-hour Group Session** (per person)	\$325
12 1-hour Individual	\$715
12 1-hour Group Session** (per person)	\$410

Individual sessions include running plan and app.

**Max 5 participants for group sessions.



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PRIVATE FITNESS SESSIONS

Private Yoga

❖ Bobbi Stoakes
bobbistoakes@gmail.com

Private Pilates

❖ Mandy Waddell
mandywaddell12@gmail.com
WhatsApp: +49(0) 1522 993 8673

Rowing Coaching

❖ Taryn Miller
tarynbrier@gmail.com
Phone: +49(0)152 5689 1308

Kickboxing Coaching

❖ Tasneem Bhajji
tasneem@square1fitness.ca
Phone: +49(0)172 696 5750

Private Zumba

❖ Anais Llanos
WhatsApp: +1(954)263 0428

❖ Wilfa Hodges
mwboulware@yahoo.com
Phone: +49(0) 171 7644896

PRIVATE FITNESS PRICING

Hourly

1-hour Individual	\$60
1-hour Partner Training*	\$85
1-hour Semi-Private (3-5 people**)	\$120

*Partners must have similar fitness goals and agree to train together for all sessions.
**1-hour group over 5 people: Contact instructor for pricing.

Packages for multiple sessions are also available.

To schedule, please contact instructor.



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