



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU RAISE THE BAR

Personal Training

BENEFITS:

- Gain Strength
- Increase Endurance
- Lose Weight
- Build Power
- Improve Form
- Rehab from Injuries
- Maximize Efficiency
- Overcome Plateaus

TYPE OF SESSION

NUMBER OF SESSIONS	TYPE OF SESSION	
	30-Minute	60-Minute
	1 Session	\$43
	3 Sessions	\$107
	8 Sessions	\$173
	12 Sessions	\$248
	24 Sessions	\$491
	30 Sessions	\$1004
	Buddy 12 Sessions	\$481

Personal training packages can be split into 4 weekly payments. You may pay 25% of your package up front, then you will be drafted another 25% each week over the course of 3 weeks. Our 3 \$107 sessions and 1 \$43 session packages are excluded from this offer.

PERSONAL TRAINER BIOS



ANA CHAPMAN

NASM Certified, 4 Years

I was an extremely energetic child, so physical activity has always been a part of my life. My mother took me to yoga and aerobics classes and enrolled me into ballet. I started understanding the importance of strength training during my time in the ballet company, also when I began practicing martial arts. As an adult athlete, no longer focusing on competition, I truly see the value of cardiovascular, strength, and flexibility training for a healthy life. I hope to help you achieve your goals, whether they be sport specific, or to simply improve your quality of life.



LAQUEYSHA JONES

ACE Certified

I have been in the fitness industry for 9 years now, and I started as a Zumba instructor. I enjoy making workouts fun, and once I discovered group fitness classes I knew this was going to be a passion of mine. Over the years, I have worked with many clients to help them both start and continue their fitness journey and to truly understand the difference it makes when you stick to a workout plan. My goal is to help you achieve your fitness goals, keep you smiling, and to create a lifestyle goal that works just for you. Let's start your training today!



SELENE JONES

NASM Certified

My fitness journey began at just 4 years old, when I was first enrolled in gymnastics. Along with 12 years of gymnastics experience, I also played soccer in middle and high school with a variety of positions. After high school, it was very important to me that I continue to lead a healthy lifestyle, which jumpstarted my weight training journey. With my gym sessions consistently being the highlight of my day, I decided to make a career of my passion. My goal is to encourage others to have a passion for fitness as strong as I do! Hablo un poco de Español.



KAYLA LYTTLE

ACE Certified, 2 Years

Helping people build and rebuild the healthiest version of themselves is a great passion of mine. I am currently a student at the University of North Georgia pursuing a degree in Exercise Science. My ultimate goal is to become a physical therapist where I can continue to help people in the rehabilitation and preventative environment. I competed as a gymnast for 13 years of my life, I have been in physical therapy, and I have worked as a wellness coach for about 3 years. I am eager to meet and work with you all in achieving your fitness and lifestyle goals.



CAITLIN MITCHELL

CSM Certified, 5 Years

I have always had a passion for being active and outdoors. My interest in physical activity led me to pursue an education in it. I am a recent graduate of the University of North Georgia. I have a bachelor's degree in health and fitness and a master's degree in exercise science. I am an ACSM certified personal trainer. My goal is to help you meet your physical fitness goals with a plan that is individualized to your wants and needs.



DONNA MONTANTE

AFAA Certified, 14 Years

I was always active in sports from childhood through college. When I graduated from Georgia State University, I joined a gym and was instantly hooked. A fellow gym member took me under his wing and coached me in the weight room. I learned a lot from him and then continued to exercise and educate myself in fitness training, body recovery, and postural alignment. My goal is to provide functional fitness by helping my clients balance strength, flexibility, and mobility.