



## SCC PERSONAL TRAINING OPTIONS

1 HOUR SESSION		1/2 HOUR SESSION	
SESSIONS	COST	SESSIONS	COST
1	\$35	1	\$25
4	\$132	4	\$92
8	\$250	8	\$180

CONTRACTED PT: HEATHER YOUNG	
1 HOUR SESSION	1/2 HOUR SESSION
\$55	\$35

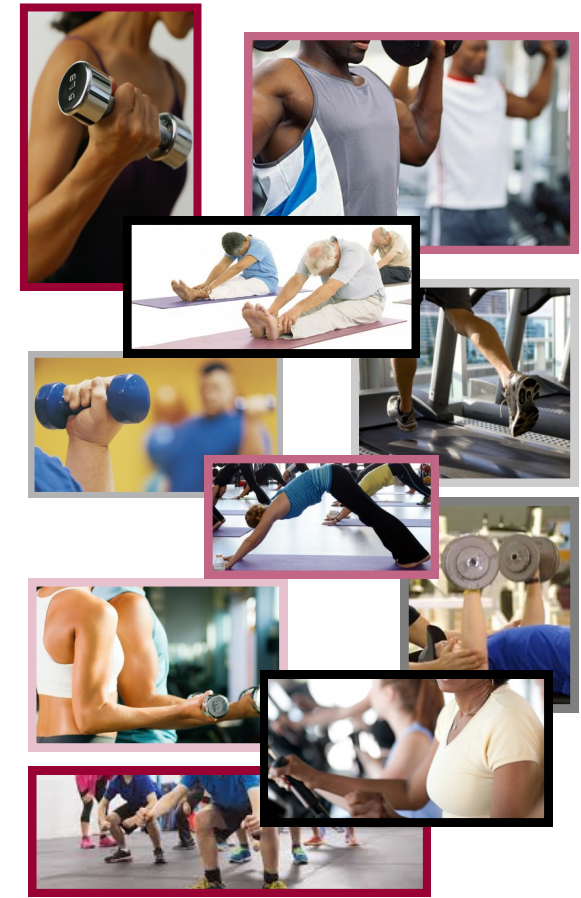
Package pricing must be paid in full prior to first session for individual. Packages cannot be split or broken down. PT sessions are scheduled with the Wellness Director at the Fitness Floor Desk or by calling 330-332-5885.

Group Personal Training can be scheduled upon request. Please contact the Wellness Director for more information.



## POLICIES AND PROCEDURES

- ⇒ Each training session usually lasts 60 minutes. To meet your individual needs, 30 and 60-minute sessions are available. Arrive early so that you may warm up and stretch prior to beginning your training session.
- ⇒ Cost per session is based on individual needs and length of session. Payment must be made prior to the training session.
- ⇒ We recommend that you begin with a FREE Fitness Floor Orientation. Consult your physician prior to beginning a training session.
- ⇒ All session and training plans will be discussed by the client and the trainer. One 60-minute session is recommended so we may adequately inform, educate, and instruct you on how to get more out of your exercise program.
- ⇒ There will be no charge for sessions cancelled with at least an 8-hour notice. Any notification under this time frame will result in a full session rate charge.
- ⇒ Please wear loose fitting, comfortable clothing, along with appropriate athletic footwear.
- ⇒ Bring a water bottle to each training session.



SALEM COMMUNITY CENTER



## Personal Training

### Salem Community Center

1098 North Ellsworth Ave.  
Salem, OH 44460

Phone: 330-332-5885  
Fax: 330-332-6290  
[www.salemcommunitycenter.com](http://www.salemcommunitycenter.com)

## ABOVE THE REST

Acknowledged as one of the premier fitness centers in northeast Ohio, the Salem Community Center and its staff use a combination of knowledge, personal experience and devotion to motivate you to achieve optimal health and your fitness goals.

You will find the most qualified and professional trainers at the Salem Community Center. Our trainers are required to have a certification in personal training and background in exercise science or health-related fields.

**SALEM**  
**SCC** COMMUNITY  
CENTER



# MEET OUR TRAINERS



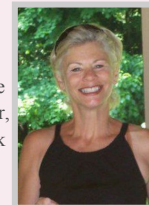
### Heather Young, CPT

Heather is a certified Personal Trainer through NETA and ISCA. She has many years of experience with athletes and post rehab injuries/diseases.



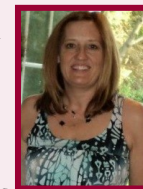
### Janie Crowl, CPT

Janie is a certified Personal Trainer through ISCA and Wellness Director at SCC. She is a certified aerobics instructor, NFHS nationally certified track & field coach, and RRCA certified distance coach.



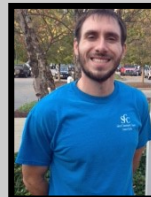
### Laurie Camp, CPT

Laurie is a certified Personal Trainer through ISCA and is employed as the Wellness Assistant at the SCC. Laurie is certified in Pilates, Kickboxing, Spinning®, Body Sculpt & Step Aerobics.



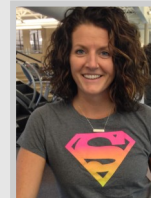
### Tyler Best, CPT

Tyler is a certified Personal Trainer through ISCA. He is also a youth football coach and boot camp instructor.



### Jen Pitts, CPT

Jen is a certified Personal Trainer through ISCA. She is an SCC aerobic instructor with a background in strength and interval training.



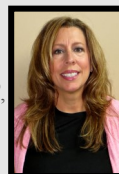
### Linda Peterson, CPT

Linda is a certified Personal Trainer with ISCA. Her background is in teaching SilverSneakers® classes and water aerobics.



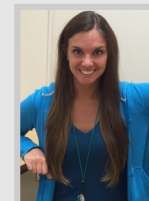
### Cathy Hergenrother, CPT

Cathy is a certified Personal Trainer with ISCA. Her background is in teaching SilverSneakers®, Water Aerobics, Zumba® and Sculpt classes.



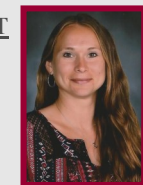
### Suzanne Harding, CPT

Suzanne is a certified Personal Trainer through ISCA and NETA. Her background is in teaching American Red Cross Water Safety and multiple aerobic classes.



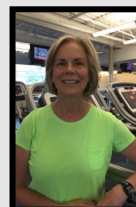
### Sarah Blakeman, CPT

Sarah is a certified Personal Trainer through ISCA. She is also certified in Kickboxing.



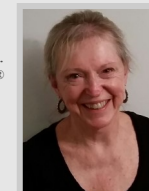
### LuAnn Haddad, CPT

LuAnn is a certified Personal Trainer through ISCA. She is also certified as a Spinning® and SilverSneakers® instructor.



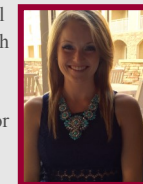
### RuthAnn Rinto, CPT

RuthAnn Rinto is a certified Personal Trainer through ISCA. Her background is in Spinning® and SilverSneakers®. She believes, no matter what age, everyone can find a fitness routine that will make them stronger and healthier!



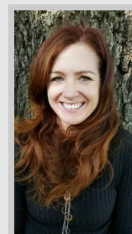
### Jordan Watt, CPT

Jordan is a certified Personal Trainer through Fitour®, with a Bachelors Degree in Nursing Science. She is a certified Spinning® instructor with a background in sculpt and strength training.



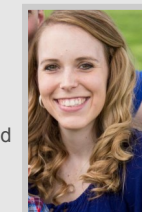
### Leslie Ellis, CPT

Leslie is a certified Personal Trainer through ISCA. She is also certified in Spinning® and SilverSneakers®.



### Jess Young, CPT

Jess is a certified Personal Trainer through ISCA, She has been a trainer since 2012. She has a background in physical therapy and her areas of specialty include strengthening, CORE work and running.



### Kathleen Giblin, E.Y.R.T

Kathleen is a level 500 experienced registered yoga teacher. With her background in nursing, she merges a western anatomical approach on core strengthening with the calm, meditative healing qualities of the east.

