

WHAT IS YOUR FITNESS GOAL?

Personal training can benefit individuals of all ages and fitness levels by providing a customized path to reach your goal. Whether it's increasing strength, weight loss, or simply improving overall health and well-being, personal training can improve the quality of life for people of all ages.

Training Rates:

\$35 / 30 minutes

\$46 / 45 minutes

\$55 / 55 minutes

Payment Options:

Pay per session or prepay for five visits for your convenience. Speak with your Trainer for small group rates.

CUSTOMIZED WORKOUT JUST FOR YOU

Have a certified personal trainer develop a workout routine just for you with no long-term commitment! First, consult with a trainer to ensure they understand your goals, needs and any limitations you may have. Then you and the trainer will meet for 3 training sessions (90 minutes total) to develop and learn the workout and make any adjustments necessary. At the end of the 3 training sessions, you will have your workout in hand and be ready to tackle your fitness goals!

Perfect for those who don't want ongoing personal training but would like a new or specific workout routine. Afterwards, you can hire our trainers on a session-by-session basis to help you progress your workout!

\$120 (\$160 value)

FITNESS CENTER ADMISSION:

A monthly fitness pass, 20-visit pass, or daily drop-in fee is required for personal training. See 'Fitness Center' brochure for pricing.

SET AN APPOINTMENT:

Please call trainer directly to schedule your **free 30-minute personal training consultation**. See trainer contact information (on other side).

CANCEL/REFUND POLICY:

Check with your trainer regarding rescheduling and cancellation policy.

OUR MISSION:

Through partnerships and exceptional customer service, South Bellevue Community Center provides accessible opportunities for recreation, fitness, education and celebrations to build a healthy community.



14509 SE Newport Way
Bellevue, WA 98006
425-452-4240

BellevueWA.gov/sbcc
register.bellevuewa.gov



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4240 (voice) or email sbcc@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.



BOYS & GIRLS CLUBS
OF BELLEVUE

Personal Training & Assessment

BellevueWA.gov/sbcc
register.bellevuewa.gov

PERSONAL TRAINING



Diane DeFuria

LMP, NSCA-CPT

Phone: 425-221-0070

Email: diane1959defuria@gmail.com

Availability: please contact Trainer

NSCA Certified Personal Trainer since 2004, Diane infuses her cutting-edge training approach with a blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to improve posture, be healthy, fit, and youthful, regardless of age.

Diane lives her "Age Later!" motto, and is passionate about helping others make that uplifting attitude a part of their own lives. A long-time Bellevue resident, she relishes an active and healthy lifestyle.



Sara Grandstrand

MS, LAT, ATC, CSCS

Phone: 425-765-8980

Email: sara.atc@gmail.com

Availability: please contact Trainer

Sara is a certified athletic trainer and strength and conditioning specialist with a master's degree in exercise science from Boise State University. She has experience in a variety of sports medicine-related settings including athletic training, strength and conditioning, physical therapy, and biomechanics research. Additionally, Sara has a great deal of experience with high school athletes and is the head gymnastics coach at Interlake High School.

Sara has a passion for injury prevention, performance enhancement, corrective exercise, rehabilitation, return to play training, and prenatal/postnatal exercise. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.



Sam Slaby

NSCA-CPT

Phone: 540-454-2245

Email: cslaby13@gmail.com

Availability: please contact Trainer

Sam is an experienced weightlifter and NSCA Certified Personal Trainer. He believes that having a relationship with our bodies is an important part of leading a healthy, happy, and fulfilling life. Although any type of exercise is sure to be beneficial, Sam believes it is important to base his training on up-to-date science and sound biomechanical principles.

Sam strives to help clients achieve their individual goals, whether that be to prepare for a race, stay fit and mobile as you age, deadlift 400 pounds, or do your first pull-up! He enjoys working with clients of all ages, abilities, and goals.