

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:

New Duo Training:

\$40 / 30 minutes

\$70 / 30 minutes

\$50 / 45 minutes

\$90 / 45 minutes

\$60 / 55 minutes

\$100 / 55 minutes

Payment Options:

Pay per session or prepay for five visits.

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!

\$130 (\$180 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:

Ask Front Desk staff for information regarding cancellation and refund policies.



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.



Personal Training & Assessment

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register.bellevuewa.gov

PERSONAL TRAINING



Diane DeFuria

LMP, NSCA-CPT

Phone: 425-221-0070

Email:
diane1959defuria@gmail.com

Availability: please
contact Trainer

Diane is an NSCA Certified Personal Trainer who blends deep knowledge, experience, and warmth into her training approach. With more than 20 years as a licensed massage therapist, she brings an exceptional understanding of functional movement, posture, and lifelong wellness. Diane is known for helping individuals upgrade their quality of life by becoming stronger, more flexible, and more resilient. A longtime Bellevue resident, she embodies her "Age Later!" motto and is passionate about inspiring others to live actively and youthfully.



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. She has worked across sports medicine settings, including athletic training, strength and conditioning, physical therapy, and biomechanics research. As a high school gymnastics coach, she brings extensive experience with youth athletes. Sara specializes in injury prevention, rehabilitation, performance enhancement, and prenatal/postnatal training. She enjoys supporting individuals of all abilities in improving movement, health, and overall quality of life.



Sam Slaby

NSCA-CPT

Phone: 540-454-2245

Email: cslab13@gmail.com

Availability: please
contact Trainer

Sam is an experienced weightlifter and NSCA Certified Personal Trainer who values building a strong, positive relationship with the body. He bases his training on current science and solid biomechanical principles to support safe, effective progress. Sam works with clients of all ages and abilities, helping them pursue goals from improving mobility to achieving major strength milestones. His mission is to help people train confidently, stay healthy as they age, and achieve meaningful, individualized fitness results.



Varsha Dhankani

ACE-CPT

Phone: 206-617-9788

Email:
strongshiftcoaching@gmail.com

Availability: please
contact Trainer

Varsha is a certified fitness professional specializing in midlife exercise physiology. Inspired by her own post-pregnancy strength journey, she focuses on mobility, heavy lifting with excellent form, and efficient conditioning for long-term health. After leaving a successful tech career, she now guides adults in adapting training to changing bodies. Varsha emphasizes education, helping clients understand movement science, build confidence, and develop sustainable motivation. Her goal is to help people stay strong, capable and energized for decades.