

## WHAT IS YOUR FITNESS GOAL?

Whether it's to lose weight, build muscle, improve performance, or just be healthy, personal training has something to offer you. Personal training is revolutionizing the way people look, move, and feel, and can improve the quality of life for people of all ages.

### Individual Training Rate:

\$35 / 30 minutes  
\$46 / 45 minutes  
\$55 / 55 minutes

### Partner Training Rates:

\$65 / 45 minutes  
\$80 / 55 minutes

### Trio Training Rate: \$105 / 55 minutes

**Payment Options:** Pay per session or prepay for five visits for your convenience.

## CUSTOMIZED WORKOUT 4-PACK

Have one of our certified personal trainers design a workout routine just for you in 4 easy sessions (30 minutes each) with no long-term commitment! The first session is a consultation to ensure your trainer designs a workout that is tailored to your specific goals, needs or any limitations you may have. The following 3 sessions are used to teach you the workout, make any adjustments necessary and help you progress.

Perfect for those who don't want ongoing personal training but would like a new or specific workout routine.

**This package is a one-time offer at \$99 (\$132 value).**

**All 4 sessions must be used within a 90-day period.**

## FITNESS CENTER ADMISSION:

A fitness pass or daily drop-in fee of \$6(R) / \$8(NR) is required for personal training.

## 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.

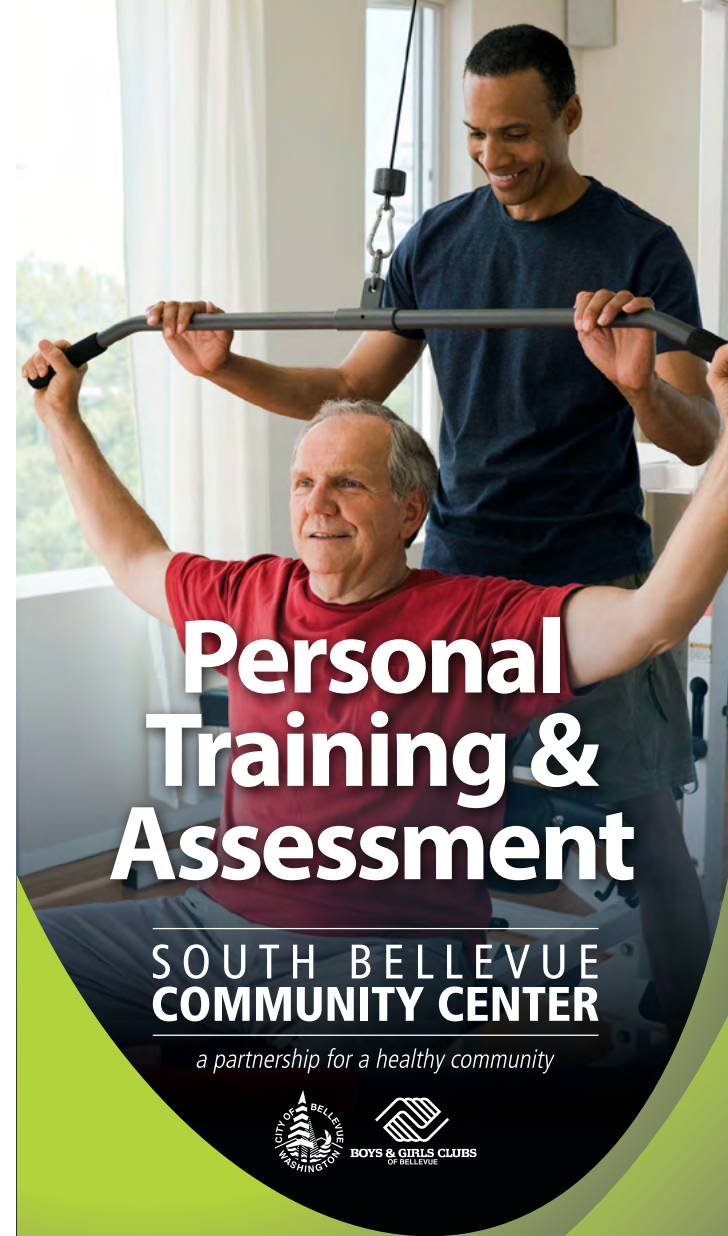


Bellevue Parks & Community Services

[register.bellevuewa.gov](http://register.bellevuewa.gov)



Meetings are wheelchair accessible. Captioning, American Sign Language (ASL), or language interpreters are available upon request. Please phone at least 48 hours in advance 425-452-4240 (Voice). If you are deaf or hard of hearing, dial 711 (TR). Assisted listening device is available upon request. For questions or concerns regarding reasonable accommodations, contact City of Bellevue ADA/Title VI administrator at 425-452-6168 (Voice).



# Personal Training & Assessment

## SOUTH BELLEVUE COMMUNITY CENTER

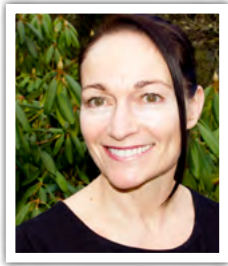
*a partnership for a healthy community*



14509 SE Newport Way  
Bellevue, WA 98006

425-452-4240  
[www.bellevuewa.gov](http://www.bellevuewa.gov)  
[register.bellevuewa.gov](http://register.bellevuewa.gov)

# PERSONAL TRAINING



**Diane DeFuria**

LMP, NSCA-CPT

**Phone:** 425-221-0070

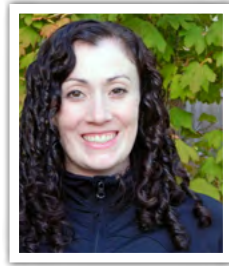
**Email:** [diane1959defuria@gmail.com](mailto:diane1959defuria@gmail.com)

**Availability:**

Mon/Tue/Thu/Fri 7am-4pm,  
Wed 7:30am-12pm,  
Sat 8-11am

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](mailto:sara.atc@gmail.com)

**Availability:**

Mon 4-8pm,  
Tue/Thurs 8am-12pm,  
Wed 4-8pm,  
Sat 8am-12pm

Sara is a certified athletic trainer and strength and conditioning specialist with an undergraduate degree in Exercise Science and Athletic Training from Pacific Lutheran University. She also has a master's degree in Exercise and Sports Studies from Boise State University, where she conducted and co-authored research related to the prevention of injuries in female athletes. She has experience in a variety of sports medicine-related settings including athletic training, strength and conditioning, physical therapy and biomechanics research.

Sara was the head athletic trainer for Interlake High School in Bellevue for 10 years. Currently, she is the head gymnastics coach at Interlake. Additionally, Sara teaches conditioning classes at SBCC. 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.



**Elijah Baker**

MPT-AAAI

**Phone:** 206-920-9635

**Email:** [alwayswinningfitness@gmail.com](mailto:alwayswinningfitness@gmail.com)

**Availability:** please contact Trainer

Elijah is a Certified Master Personal Trainer through the American Aerobic Association International (AAAI) with an undergraduate degree in Physical Education from Eastern Washington University. He is a former collegiate athlete and went on to coach high school football and track at both Grover Cleveland High School and Washington High School in Seattle. He has over 15 years of experience working with all levels of fitness and currently teaches classes in a variety of settings such as Senior Living centers and private fitness studios.

Elijah specializes in nutrition, weight loss, adding lean muscle, functional training, sports specific training and transformation changes. He meets his clients where they are regardless of fitness level and is passionate about helping them live a healthier lifestyle, achieve their goals and become the best version of themselves. During his free time, Elijah loves to spend time travelling and working out with his wife and 4 kids.