

New Year, New You!

"Lesley increased my desire to succeed. After a bout with cancer, she helped increase my strength and stamina. I hiked the Montana prairies recently thanks to her training."

Irv Benzion, 82



Lesley Sweeney, CPT: lesleys@samena.com

"Marianne has given me some really great health and fitness tools, and I'm doing my best to use them. Sometimes even at home with the dogs' help!"

Kae Baker, 71



Marianne Taylor, CPT: mariannet@samena.com

"I wanted to use free weights but didn't know where to start – Danny taught me the correct form and gave me the confidence I needed. After working with Danny I'm happy, motivated, and unstoppable!"

Allison Coleman, 36



Daniel Flahiff, CPT: daniel@samena.com

"I like that it's a scheduled time to work out so it holds me accountable. Stephanie works me hard but makes it fun. I like her and I'm stronger than before."

Ida Wicklund, 42



Stephanie Segovia, CPT: stephanies@samena.com

INVEST IN YOUR HEALTH AND FITNESS!

Adults and kids of all ages and fitness levels have experienced the rewards of Personal Training at Samena. Now you and your family can too! Samena personal trainers provide encouragement, accountability, and make every workout challenging and fun. Our innovative, effective, and efficient workouts are tailored specifically to you and your personal goals because we truly care about your success.

Whether you're looking for a stronger, leaner body, more energy and confidence, or better body awareness and improved overall movement, Samena's personal trainers will support you every step of the way. Give us a call today to set up your FREE one-on-one Fitness Consultation.

FREE FITNESS CONSULTATIONS!

Are you starting out/over, or a workout veteran? Regardless of your fitness level, take advantage of your FREE one-on-one Fitness Consultation, courtesy of Samena! Your personal trainer will answer your questions and show you some new techniques and equipment. Receive an assessment that will help you improve the foundations of a fit, active body: core, posture, balance, and flexibility.

For more information: **Daniel Flahiff**
daniel@samena.com (425) 746-1160 ext. 116

SAMENA'S PERSONAL TRAINING OPTIONS & COSTS

SAVE WITH PACKAGES! 1 on 1's: 5% off 5 10% off 10 15% off 15 Small Group: 10% off 5 15% off 10 20% off 15	PERSONAL TRAINING				SMALL GROUP TRAINING									30 MIN. SESSIONS		
	1 Hour Individualized Sessions for one on one attention and specialization. This option will deliver maximum benefits. Ideal for clients who are currently inactive, post-injury, seeking sports-specific training, or need a push to the next level.				1 Hour Group Sessions to experience many of the high quality benefits of Personal Training at a reduced cost. Participants are each challenged at his or her own ability level, while enjoying additional social and motivational aspects. Members, gather other members, friends, coworkers, even non-members. Larger groups lower your rate. Not recommended for clients with chronic injuries/ailments, or in post-rehabilitation. We encourage family fitness, however we advise separate groups for adult & youth given the different age-related needs & abilities.									Short workouts best for experienced clients who require less time to achieve training benefits. Brief warm-ups strongly recommended prior to each session.		
# of Clients	1	1	1	1	2	2	2	3	3	3	4	4	4	1	1	1
# of Sessions	1	5	10	15	5	10	15	5	10	15	5	10	15	5	10	15
Package Cost PER PERSON	\$60	\$285	\$540	\$765	\$220	\$420	\$585	\$195	\$370	\$525	\$175	\$330	\$465	\$180	\$350	\$495
Session Cost Comparison	\$60	\$57	\$54	\$51	\$44	\$42	\$39	\$39	\$37	\$35	\$35	\$33	\$31	\$36	\$35	\$33

NON-MEMBER RATES NOT LISTED IN PRICE CHART.