

# SAMENA PERSONAL TRAINING & SMALL GROUP TRAINING

## TAKE YOUR FITNESS TO THE NEXT LEVEL THIS SUMMER!

"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, 81



**Lesley Sweeney, CPT:** lesleys@samena.com

"Raymond has been a great motivator in my fitness journey. He is patient, knowledgeable, and his optimism and changing workouts help me look forward to going to the gym!"

Sharon Perry, 58



**Raymond Louie, CPT:** raymondl@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, 35



**Danny 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, 41



**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 our Personal Training program. You and your family can too! Your Trainer provides encouragement, consistency, accountability, and even workout enjoyment. We utilize innovative, highly effective, time efficient workouts tailored specifically to you because we truly care about your success.

Your many results can include a stronger, leaner body, more energy and confidence, and better body awareness to improve overall movement. Reduce illness, injury, stress, depression, premature aging, and related health care costs. Ultimately, we will support your journey to a longer, happier, healthier life!

### ACHIEVABLE ACTIONS, TEAM TRAINING: Take Action & Commit to Reachable Goals!

Your AAT coach will help with the three Achievable Actions: lifestyle adaptation goals, healthier eating, and consistent exercise. The program series is comprised of 14 sessions total:

- Two 30-minute Client Success Consults, held on week 1 and week 8, that will gauge your progress
- Twelve 1-hour, twice weekly workouts

**Enrollment Options:**

Monday/Wednesday 6pm - 7pm, first series starts May 1

**Program Series Cost:**

\$540/M; \$640/NM

For more information:

**TONYA SWICK**  
tonyas@samena.com  
(425) 746-1160, ext. 112

*Advance Registration required. Minimum of 2 participants. No prorates for missed sessions.*

### SAMENA'S TRADITIONAL PERSONAL TRAINING OPTIONS & COSTS

SAVE WITH PACKAGES! <b>1 on 1's:</b> 5% off 5 10% off 10 15% off 15 <b>Small Group:</b> 10% off 5 15% off 10 20% off 15	PERSONAL TRAINING				SMALL GROUP TRAINING									30 MIN. SESSIONS		
	1	1	1	1	2	2	2	3	3	3	4	4	4	1	1	1
1 Hour Individualized Sessions for 1on1 attention & specialization. This option will achieve maximum benefits. Ideal for clients currently inactive, post-injury, seeking sports-specific training, or a push to the next level.	1	5	10	15	5	10	15	5	10	15	5	10	15	5	10	15
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 providing additional social & 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.	\$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

ALL TRAINING/AAT PRICES LISTED DO NOT INCLUDE WA STATE SALES TAX. NON-MEMBER RATES NOT LISTED IN PRICE CHART.