

DISCOVERING THE BALANCE...

By working the mind, body, heart, and spirit! We are about more than just fitness, we are about your personal wellness in life!

A personal trainer can make all the difference in your overall workout experience. Talk to the trainer today about what options are available to suit your individual needs.



**PERSONAL WARM-
UP, STRETCH AREA
FOR CLIENTS**

TYENDINAGA FITNESS RESOURCE CENTRE

14 York Road Unit #1
Tyendinaga Mohawk Territory
Ontario, Canada
K0K 3A0

Phone: 613-962-2822
or 613-396-3424
E-mail: tyfitnessres@yahoo.com

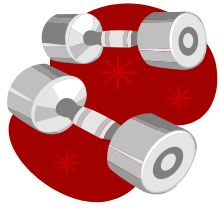
TYENDINAGA FITNESS RESOURCE CENTRE

PERSONAL TRAINER INFORMATION



613-962-2822 or
tyfitnessres@yahoo.ca

OUR PERSONAL TRAINER..



Sonya Maracle is our personal fitness trainer. She is a life long member of the community, and she focuses herself on living healthy.

Sonya has her certificate in Massage Therapy from Sir Sandford Fleming (2000), her Individual Conditioning Certificate from the YMCA (2008). Sonya is available for clients on a one to one basis for personal training, after your initial first visit. She is able to setup wellness and workout plans, assist you with healthy eating tips, and make sure you are properly using the equipment.

Sonya is available outside her regular work hours (by appointment), for one on one with clients, and offers personal training with an hourly or half hourly fee. Feel free to approach her for more information about personal training packages and what she has to offer.

Sonya is a critical part of the TFRC team!

PERSONAL TRAINING PACKAGES AND SERVICES

HOURLY RATE-	\$25.00
HALF HOUR RATE-	\$15.00
PACKAGE #1- 10 ONE HOUR SESSIONS ONE ON ONE	\$200.00
PACKAGE #2- 10 HALF HOUR SESSIONS ONE ON ONE	\$100.00
PACKAGE #3- 10 DUO ONE HOUR SESSIONS- ONE ON ONE FOR TWO PEOPLE	\$350.00
PACKAGE #4- 10 DUO HALF HOUR SESSIONS- ONE ON ONE FOR TWO PEOPLE	\$150.00
PACKAGE #5- CHANGE YOUR PERSONAL WORKOUT PLAN	\$15.00
PERSONAL WORKOUT PLAN- 1 PERSONAL WORKOUT PLAN CUSTOMIZED FOR YOU WITH MEMBERSHIP	FREE

Why Hire A Personal Trainer

Motivation

Develop a plan that works for you

Efficiency

Break through plateaus

Learn to workout on your own

Safety

Train for a specific event

Lose weight

Accountability

Improve technical skills

Remember fitness is for life!

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