

OUR TRAINERS

Each one of our credentialed trainers is certified in personal training and/or degreed in an Exercise Physiology related field.

Rene Frank - ACE Certified Personal Trainer. Certified Group Exercise and Spin Instructor.

Meghan Reimer - B.S. Exercise Science, NSCA Certified Personal Trainer, NSCA Certified Strength & Conditioning Specialist. Certified Spin Instructor.

Jennifer Wilson - AFAA Certified Personal Trainer. Certified Group Exercise and Spin Instructor.

Denise Lengal - Fitness Manager. ACE Certified Personal Trainer. Certified Group Exercise Instructor., CrossFit L1 Trainer

Rick Deal - ISSA Certified Personal Trainer, ISSA Certified Fitness Trainer, ISSA Sports Conditioning, EmpowerPunch Self Defense Instructor

Karen Hilberg - AFAA Certified Personal Trainer. Certified Group Exercise and Spin Instructor.

Tami Haberman - ACE Certified Personal Trainer. Certified Group Exercise and Spin Instructor.

Marissa McNabb—AFAA Certified Personal Trainer, WITS Certified Personal Trainer

Pam Houston—ISSA Certified Personal Trainer and Youth Trainer, Certified Group Exercise & Spin Instructor

1 hour session:

Member-\$40

Resident-\$45

Non-Resident-\$50

5 hour sessions:

Member-\$187.50

Resident-\$200

Non-Resident-\$210

10 hour sessions:

Member-\$350

Residents-\$375

Non-Resident-\$390

1/2 hour sessions

1 session-\$28

5 sessions-\$130

10 sessions-\$240

Team Training also available.

Please call for more information

440.580.3260 x-5275

denise.lengal@strongsville.org



PERSONAL TRAINING



RESULTS & TRUST

YOU & YOUR TRAINER

Change Today!

Strongsville Recreation Center
18100 Royalton Road
Strongsville, OH
440-580-3260 ext. 5275

MOTIVATION

Setting goals, hard work, dedication, sweat, desire, is what you do...

...Motivating you to reach your goals and beyond is what we do. We are with you every step on your journey to creating a healthier lifestyle.



We ensure you are utilizing proper form, the right amount of weight, and the exact sets and reps so you achieve maximal gains and obtain all possible benefits of your session.

Your Session

Motivation: Our Trainers make sure from the time you get here until you leave you challenge yourself throughout your session and push towards the goals you would like to achieve.

Consistency: Our main focus is to ensure you do your part by tracking progress, making sure you come in when your supposed to, and encouraging you by your progress.

Variety: You will not get bored with the same routine!!! We make sure you have access to the most cutting edge ideas in fitness and ensure you enjoy your session by constantly varying principles of your routine.

Knowledge: The experiences and background of our trainers are all unique and provide extensive knowledge bases to choose from. Each trainer is certified and or degreed and each carry with them a specialty and passion for fitness.

ACHIEVEMENT

Enhanced Physique

Increase Lean Mass

Sports Training

Mental Conditioning

Continuing Cardiac Rehab

Increased Stamina

Bone Density Building

Influence Cholesterol

Improve Glucose Tolerance

Faster Postpartum Recovery

**WHAT DO YOU WANT TO
ACHIEVE TODAY?**