

Your Session:

Our trainers will eliminate the guesswork for you. You will be coached through an efficient, effective, goal directed session based on your personal needs.

We know that everyone is unique in their own needs and abilities. We do our best to fit each individual with a trainer that can help meet their specific needs to set them up for success.

We will help you to stay consistent to your individualized plan and hold you accountable to keep you moving toward your goals.

We are committed to maximizing your progress and helping you on your way to wellness. We want to help you be the best version of yourself that you can be!!!

Strongsville Recreation Center
18100 Royalton Road
Strongsville, Ohio 44136

For more information

440.580.3260 x-5275

Marissa.mcnabb@strongsville.org



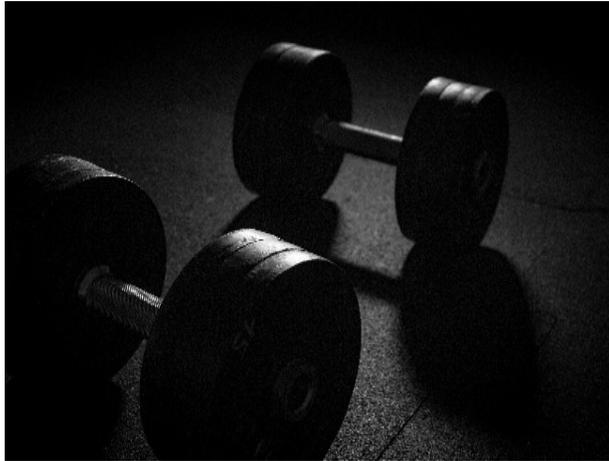
PERSONAL TRAINING

UNLOCK
YOUR TRUE POTENTIAL



*“To uncover your true potential,
you must first find your own limits,
and then you have to have the
courage to blow past them.”*

-Picabo Street



*“What you get by achieving your
goals is not as important as what
you become by achieving your
goals.”*

-Zig Ziglar

Our Trainers:

RENE FRANK—ACE Certified Personal Trainer, Certified Group Exercise & Cycle Instructor

JENNIFER WILSON—AFAA Certified Personal Trainer, Group Exercise & Cycle Instructor

LISA JACKSON-CLEMENTS-

Brookbush Institute Certified Personal Trainer

TIBOR DEME- ISSA Certified Master Personal Trainer, Performance Enhancement Specialist, Nutrition/Sport Nutrition Specialist

Each of our trainers are unique in their backgrounds and experiences. They all carry a true passion for fitness and helping others to attain their personal best.

Personal Training

1 One Hour Session:

Member-\$53

Resident-\$63

Non-Resident-\$73

5 One Hour Sessions:

Member-\$225

Resident-\$275

Non-Resident-\$325

10 One Hour Sessions:

Member-\$400

Resident-\$500

Non-Resident-\$600

Semi Personal Training

(2 person training)

1 One Hour Session:

\$90/\$100/\$110

5 One Hour Sessions:

\$425/\$525/\$625

10 One Hour Sessions:

\$750/\$850/\$950

