

# Personal Training

Serious about getting Fit  
Serious about your health.

Personal training involves private one hour, one-on-one fitness training sessions with a Certified Personal Trainer.

Our personal trainers have the knowledge, experience, and the education to create a safe and challenging workout program for you.

Your trainer will review and assess your current health status, and discuss your goals and fitness needs. A customized personal exercise prescription will be created which will continually evolve as you train.

The motivation, direction, and encouragement from your trainer will help you attain your fitness goals and take you to the next level.

**GET NAT FIT.**

**No matter how slow you are, you are still lapping everyone else on the couch.**



THE  
**NATATORIUM**  
COMMUNITY • WELLNESS • RECREATION  
CITY OF CUYAHOGA FALLS

2345 Fourth Street Cuyahoga

Falls, Ohio 44221

Phone: 330-971-8080

Web Site: [www.fallsnat.com](http://www.fallsnat.com) (Fitness)

**The Natatorium Hours of Operation**

Monday-Friday 5:30am-9:00pm

Saturday 7:00am-7:00pm

Sunday 9:00am-7:00pm



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# Personal Training



**When you are  
serious about getting  
Fit!**

## Meet the trainers

**Gary Crabtree** (ACE) Certified personal trainer, health coach & senior specialist. He is also a BLS instructor with American Heart Assoc. His specialty includes weight loss, senior fitness, kettle bell & basic nutrition.

**Sharon Dorn** (ISSA) Certified personal trainer, group ex instructor & fitness coach. Specializing in overall physique conditioning through weight lifting, strength training & cardio for all ages & fitness levels.

**Kate Sitler** (B.S., M.A, ACSM, USAT) Experienced trainer for all levels & instructs strength, core, cycling & is a Master Cross Core & Swim instructor. She has competed in Triathlons & Ironman & has been awarded "All World Athlete".

**Lenore France** (CRNA, MSN, RYT 500hr, paddle instructor, Alpine instructor)- Registered Nurse Anesthetist for 33 yrs. She maintains her health with a balance between rest & exercise & has insights into maximizing fitness at any age.

**Vince Berry** (ISSA) Certified trainer, dedicated to proving that anything is achievable at any age. He would be honored to partner with you to assist in reaching your fitness goals and working together to accomplish something remarkable!

**Caleb Beneke** (NASM) Certified trainer & fitness instructor. He started his fitness journey with his own weight loss and wants to help others achieve their fitness goals. He specializes in weight loss and strength building.

**Keaton Lamb** (ISSA) Certified trainer & US Navy veteran. Focus is on strength training and weight loss. He is dedicated to assisting people of all ages to reach their fitness goals.

## How do I get started?

### Fees

Must have a membership or day pass. Purchase a Multipass for Personal Training /Team/ Youth (ages 10-15) training online or at the main desk. Don't have an Amilia account , click here to set up account:

[www.amilia.com](http://www.amilia.com)

Already have an account, follow the link below:

[City of Cuyahoga Falls Parks & Recreation - Multipass \(amilia.com\)](http://City of Cuyahoga Falls Parks & Recreation - Multipass (amilia.com))

### Personal Training Form

The Personal training forms may be filled out online in Amilia® or they are available at the main desk.

Completed forms are required prior to purchasing the multi passes for training.

### Trainer availability

Please indicate the best time for you to work out on our form and the trainer that is best suited in your timeframe will contact you.

### Cancellations

The trainer must be notified **24** hours in advance for the client to avoid being charged for the session.

### Workout Locations

All areas of The Natatorium are available for training.

## Package Information

### Sessions

Private one hour sessions with your trainer.

**Intro Package** is required for all new personal training clients. It includes an assessment and two training sessions

Intro package	\$125.00
One Session	\$42.00
Five Sessions	\$210.00
Ten Sessions	\$420.00
Twenty sessions	\$798.00

*All packages are subject to current tax rates.  
Packages expire 6 months after purchase.*

### Team Personal Training

Semi private one hour session. Maximum of two participants led by a certified personal trainer.

**Both** participants must be present for each session.

A Team assessment must be completed prior to training.

Fees listed are charged **Per Person!**

Session Type	Fee Per Person	Total
Assessment	\$30.00	\$60.00
One Session	\$30.00	\$60.00

### Cancellations

The trainer must be notified **24** hours in advance in order for the clients **to avoid being charged for the session.**