

## WHY HIRE A TRAINER?

### Pricing Information

*Sessions are 1 hour in length*

*10 Sessions= \$225.00*

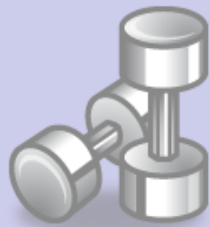
*5 Sessions= \$115.00*

*The one and only*

*1 hour- \$25.00*

*Personal Training packages of  
5 or more paid sessions*

*Includes a free fitness  
assessment and nutrition  
consultations.*



Personal Training provides you the opportunity to work exclusively with a Certified Trainer whose primary focus is to help you reach new heights in fitness. Your fitness goals may include:

- Weight Loss & Body Fat Reduction
- Muscular Strength & Endurance
- Injury Rehabilitation
- Sports Specific Training
- Flexibility Training
- Pre/Post Natal Exercise
- Cardiovascular Training
- Core Conditioning

If you have any of the personal goals listed above, want to stay accountable, or just need a refresher on correct exercise technique, you owe it to yourself to consider hiring a Personal Trainer. Even just one session can be incredibly beneficial and make the rest of your workouts much more productive. Make your next workout your very best! Each session is tailored to meet your individual needs.

**Please call today for more  
information:**

**(541) 526-1847**

**RAPRD Activity Center  
335 SE Jackson Street  
Redmond, OR 97756**



## Personal Training Programs



**Lose Fat  
Gain Muscle  
Improve Balance  
Get Stronger  
Gain Flexibility**

**Get the most from your  
workout with a Certified  
Personal Trainer!**

**Set-up Your Free  
Consultation Today!  
(541) 526-1847**

## Meet Our Trainer

### Julane Price

**Major: Exercise Sports Science**

**Emphasis: Commercial Industrial Fitness**

**Certifications: ASFA Personal Training Cert.  
AFAA Group Fitness Cert; Turbo Kick & PiYo;  
FiTOUR Cycling ; CPR Certified**

#### Training Emphasis:

- Sports Medicine
- Nutrition Guidance & Weight Loss
- Strength Training/ Cardiovascular Endurance
- Fitness Assessments/Health Screening
- Flexibility/ Balance & Core Training

Julane Price started working in the fitness industry in Portland, OR in 1985. She studied Exercise Science at Oregon State and is currently a Certified Personal Trainer along with multiple Group Fitness Certifications. She is a previous owner of her own fitness facility and has trained for multiple clubs, including Nike.

Julane is here to help achieve your fitness goals, such as weight loss or gain, and sports enhancement. With one-on-one instruction in areas ranging from weight-resistance equipment and free weights to many types of cardiovascular exercise.

**The Biggest Obstacle**  
That Stands Between You and Your Dream  
**IS YOU**

#### Nutrition is the Basis

Learn how to eat properly based on your goals following two key principles: Eating strategies must be easy to follow (we don't believe in diets) and they must include foods you already like to eat. Learn how to manage your fitness in a way that allows you to avoid all of the fad diets and exercise programs out there. Save thousands of dollars by learning about proper exercise and nutrition now and enjoy a lifetime of maintenance.



RAPRD offers a great facility with a variety of strength training equipment, free weights & cardiovascular equipment: (treadmills, bikes, ellipticals) and a motivating group fitness schedule. This non-intimidating atmosphere is great training for all fitness levels.



**You Are Stronger Than You**

**THINK...**

**Never Give Up**