

PERSONAL TRAINING

AT KINETIC SPECTRUM TERRACE

PACKAGES	PRICE PER SESSION
PERSONAL TRAINING <i>Individual <u>one-on-one personal training</u> appointments to provide customized fitness programming. Sessions do not expire.</i>	30 minutes \$70 45 minutes \$90 60 minutes \$100
5 SESSION PACKAGE <i>Recieve a <u>discounted rate per session</u> when you purchase a package of 5 personal training sessions.</i>	30 minutes \$68 45 minutes \$88 60 minutes \$98
10 SESSION PACKAGE <i><u>Guarantee the best rate per session</u> when you purchase a package of 10 personal training sessions.</i>	30 minutes \$65 45 minutes \$85 60 minutes \$95





MEET

JOE

PERSONAL TRAINER

CERTIFICATIONS

- Master's in Exercise Science & Kinesiology
- Certified Personal Trainer (ACE-CPT, NCEP-CPT)
- Spartan Obstacle Specialist, DEKA Coach, & Affiliate
- CrossFit L1 Trainer
- L2 Spartan SGX Coach
- TRX Functional Training Course L1
- USA Weightlifting Sports Performance Coach L1

FUN FACTS

- Coach Joe re-engineers his clients & students to realize their full potential through fitness such as Online Coaching, Personal Training, Small Group Training, Boot Camp Training, Hybrid Training
- Former contestant on American Ninja Warrior (S11)



» Email us at KineticSpectrumTerrace@plusone.com
to set up a free consultation with one of our trainers!





MEET

IAN

PERSONAL TRAINER

CERTIFICATIONS

- B.S. Kinesiology from Chapman University
- NSCA Certified Strength & Conditioning Specialist
- USAW Level 1 Weightlifting Coach
- FMS Level 1 Certified

FUN FACTS

- 10 years of CrossFit experience
- Former collegiate tennis player
- Amateur cook



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