

MEET OUR PERSONAL TRAINERS

Lose Weight • Get Motivated • Improve Skills • Have a Breakthrough



SHERYL HEFFERN

"I enjoy watching clients' confidence grow as they reach their health and fitness goals through consistent exercise and improved eating habits. Discover your potential!"



LORI MABE

"Come see me to improve your strength, agility, mobility and stability. I specialize in 360 functional fitness while incorporating core body weight exercise."



NATE THOMAS

"Let's work together to create and implement a personal and effective plan that will help you get the results you desire. No matter if you are looking for strength, endurance or weight reduction, I am positive you can do it!"



RYAN MOSELY

"It is my responsibility to get you to your ultimate level of fitness through strength, power, speed and balance. Together, we'll push to the max in order to help you be the best YOU."



ANDREA SELSTAD

"Consider a personal trainer if you are looking to enhance sports performance, take your first fitness "steps", establish consistency, or reach a wellness goal."



KIM RYAN

"I witness every day the benefits one gains both physically and mentally by engaging in a fitness routine. Make the investment; get great rewards!"



PAM RUNYAN

"My specialty is training individuals who are recovering from orthopedic injuries, suffering from pain, or neurological disorders, or just want to improve their overall fitness level. Using land and water exercises, I can help you improve your quality of life."



GERARDO ALVAREZ

"My fitness philosophy is one of total fitness with no mental or physical limitations in accomplishing one's goals. Fitness is being the best that you can be in all aspects of life and that is why I enjoy training others. My technique in training is to build strength, endurance and conditioning using one's own body weight."



YOLANDA MENSIK

"I'm here to help you through this journey of attaining your fitness goals. You'll become better, faster, and stronger physically and mentally. I'll help you understand this is training for a better life. My goal and passion is to inspire you to be the best version of yourself."

Contact our trainers at

317.573.5249 or

personaltrainers@carmelclayparks.com



Rates:

	1 SESSION	5 SESSIONS	10 SESSIONS
30-MINUTE	\$30	\$150	\$300
60-MINUTE	\$55	\$250	\$450

ASK ABOUT SMALL GROUP TRAINING RATES! SESSIONS ARE NON-REFUNDABLE.