



STONECREEK  
CLUB & SPA

# **PROFESSIONAL LIFESTYLE TRAINING**



Stone Creek's professional, educated and dedicated team of trainers is focused on you and your goals, needs, interests and time considerations. Your training program is customized to address your unique fitness profile. Whatever your goals may be, let our trainers help you succeed - your success is our success!

For more information about our training services, please contact our Fitness Director - Elise Stolzle at [EliseS@StoneCreekClubandSpa.com](mailto:EliseS@StoneCreekClubandSpa.com)

# **PROFESSIONAL LIFESTYLE TRAINING**

## **PROFESSIONAL**

We select career-oriented Trainers who are serious about their profession. Each of our trainers holds a nationally accredited certification, completes yearly continuing education, and is trained to develop safe and effective workout programs.

## **INNOVATIVE**

Using the newest equipment and the most recent research in the field, our Trainers guide you through workouts that break through boredom and overcome plateaus.

## **RESULTS - ORIENTED**

Our Trainers provide personalized workouts tailored to your goals, lifestyle, and limitations - whether it's weight loss, muscle gain, sports performance, injury recovery, or improving everyday health.

## **FUN**

The journey should be as satisfying as reaching your goals. Exercise should be fun, even if you are working hard! You get so little time for yourself - enjoy your investment in a new and improved you!

60 Min. Session	30 Min. & Semi-Private Sessions
Level 1 Trainer - \$65	Level 1 Trainer - \$52
Level 2 Trainer - \$70	Level 2 Trainer - \$52
Level 3 Trainer - \$85+	Level 3 Trainer - \$57+