

PERSONAL TRAINING STAFF

Lynnda Gendron - BRSC Fitness Director

B.S. Physical Education. Post Rehab Conditioning Specialist, AAHFRP. "Pink Ribbon Program", Post-Rehabilitative Breast Cancer Exercise Specialist. AAAI/ISMA Breast Cancer Wellness Coach. AFAA Certified Personal Trainer & Group Fitness Instructor. Certified Pilates Resist-A-Ball Instructor. AAAI/ISMA Certified: Mat Pilates Instructor I, II, & III; Certified Older Adult Fitness Trainer and Kids and Teen Fitness Instructor; Total Body Strength Conditioning Certified; Certified BOSU Instructor; Certified Gliding Fitness Instructor; Certified Advanced Body Bar Instructor; Certified Bender Ball Instructor and Certified Life Wellness Coach. Certified Barre Above Instructor. Member IDEA, AFAA and PFP. CPR/AED Certified.

Andrea Dullea

Bachelor's Degree from The University of New Hampshire. AFAA Certified Personal Trainer. Certified Senior Fitness Trainer, ASFA. BRSC Weight Room Manager for over 6 years. US Tennis Association rated player. CPR/AED Certified.

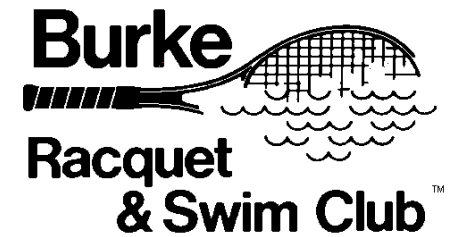
Bahar Holzemer

B.S. Exercise Science/ Cardiac Rehab. Medical Exercise Specialist, AAHFRP. Certified JFB MFR Therapist. Certified Massage Therapist, NCBTMB. Reiki Master Practitioner. Fitour Certified Water Aerobics Instructor. AFAA Certified Group Fitness Instructor. CPR/AED Certified.

Alfred Thompson

National Strength Professionals Association (NSPA), Personal Trainer. Certified YogaFit Instructor, (RYT Teacher). Nationally ranked bodybuilder capturing over 12 championships and winning the title of "2007 Mr. Virginia". CPR/AED Certified.

Burke
Racquet
& Swim Club
6001 Burke Commons Road
Burke, Virginia 22015



Personal Training

Small Group Training

Fitness Consultations

Post-Rehab Conditioning

Something for Everyone

703-250-1299

www.burkeclub.com

PERSONAL TRAINING

A Personal Trainer is a qualified fitness professional who provides one-on-one attention and motivation for their client. A Personal Trainer can provide:

- ◆ A complete fitness evaluation and body composition analysis
- ◆ Efficient, personalized exercise program
- ◆ Realistic, measurable fitness goals
- ◆ Client education
- ◆ Conditioning sessions for muscular and cardiovascular strength and endurance, flexibility, joint stability, coordination and balance
- ◆ Motivation!

Fees for Personal Training

Individual session	\$45.00/ ½ hr \$75.00/hour
Package of 5 sessions	\$360.00 (\$72/hr)
Package of 10 sessions	\$700.00 (\$70/hr)
Non-member session	\$55.00/ ½ hr \$85.00/hour
Non-member pkg of 5	\$410.00 (\$82/hr)
Non-member pkg of 10	\$800.00 (\$80/hr)
Fitness Consultation	\$85.00/hour
Non-member	\$95.00/hour
Fitness Consultation includes an evaluation of your resting heart rate, blood pressure, body fat percentage, muscular strength, cardiovascular fitness and flexibility	
Start Up Package	\$370.00
Start Up Package includes a Fitness Consultation plus four Personal Training sessions	
Body Fat Testing	\$30.00

SMALL GROUP PERSONAL TRAINING

Small group personal training offers members the benefit of working with a Personal Trainer at a reduced fee while providing the motivation of a small group.

Clients will work with trainer to create a program that will meet their goals.

Fees for Small Group Personal Training

1st session consists of assessments and screening.

4 Session Package minimum.

3 Client package	\$40.00/session \$160.00 per person
2 Client package	\$45.00/session \$180.00 per person
2 Non-members	\$55.00/session \$220.00 per person

Package sessions must be paid in advance
Personal training sessions are good for 1 year after date of purchase

KETTLEBELL TRAINING

Victoria Kaus, Kettlebell Trainer

Studied Russian Kettlebell Training under Pavel Tsatsouline
Certified Level I Kettlebell Instructor, with KIWK Training Network
Zumba Certified & Zumba Core & Glutes Instructor
Certified Primal Move Instructor
USUI Shiki Ryoho: 1st degree Reiki Practitioner

Price: same as Personal Training



POST-REHAB CONDITIONING

Post-Rehab conditioning provides an exercise program for clients who have musculoskeletal neurologic, and cardiovascular disorders. Have you been in physical therapy for treatment of an injury and are still recovering? Your exercise program should address these specific concerns to help you increase your level of functional conditioning. These post-rehab protocols were developed by physical therapists and orthopedic surgeons to provide safe and effective fitness programming for our clients.

Post-Rehab Session: \$85.00 per hour



Post-Rehabilitative Breast Cancer
Exercise Specialist
Lynnda Gendron

“The Pink Ribbon Program”
Post-Rehab Session: \$85.00 per hour

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