

## WHAT IS YOUR FITNESS GOAL?

Whether it's to lose weight, build muscle, improve performance, or just be healthy, personal training has something to offer you. Personal training is revolutionizing the way people look, move, and feel, and can improve the quality of life for people of all ages.

### Individual Training Rate:

\$33 / 30 minutes  
\$46 / 45 minutes  
\$55 / 55 minutes

### Partner Training Rates:

\$65 / 45 minutes  
\$80 / 55 minutes

### Trio Training Rate: \$105 / 55 minutes

**Payment Options:** Pay per session or prepay for five visits for your convenience.

## NEW OPTION! CUSTOMIZED WORKOUT 4-PACK

Have one of our certified personal trainers design a workout routine just for you in 4 easy sessions (30 minutes each) with no long-term commitment! The first session is a consultation to ensure your trainer designs a workout that is tailored to your specific goals, needs or any limitations you may have. The following 3 sessions are used to teach you the workout, make any adjustments necessary and help you progress.

Perfect for those who don't want ongoing personal training but would like a new or specific workout routine.

**This package is a one-time offer at \$99 (\$132 value).**

**All 4 sessions must be used within a 90-day period.**



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-4240 or Relay Service 711.



**Bellevue Parks & Community Services**

[ParksReg.BellevueWa.gov](http://ParksReg.BellevueWa.gov)

## ASSESSMENTS:

We offer complimentary blood pressure and body composition assessment weekdays by request.

Please ask Fitness Center staff.

## FITNESS CENTER ADMISSION:

A fitness pass or daily drop-in fee of \$5.50(R) / \$7(NR) is required for personal training.

## SET AN APPOINTMENT:

Please call trainer directly to schedule your **free**

**30-minute personal training consultation.**

See trainer contact information (on other side).

## CANCEL/REFUND POLICY:

Check with your trainer regarding rescheduling and cancellation policy.

## OUR MISSION:

Through partnerships and exceptional customer service, South Bellevue Community Center provides accessible opportunities for recreation, fitness, education, and celebrations to build a healthy community.

# Personal Training & Assessment

**SOUTH BELLEVUE COMMUNITY CENTER**  
*a partnership for a healthy community*

**CITY OF BELLEVUE WASHINGTON**  
**BOYS & GIRLS CLUBS OF BELLEVUE**

14509 SE Newport Way  
Bellevue, WA 98006

425-452-4240

[www.bellevuewa.gov](http://www.bellevuewa.gov)  
[ParksReg.BellevueWa.gov](http://ParksReg.BellevueWa.gov)

# PERSONAL TRAINING

## Morgan Nichols

MS, ACE-PT, ACE-GFI,  
Bellevue College Personal Trainer  
Certificate

Owner, Trifecta Health Coaching LLC

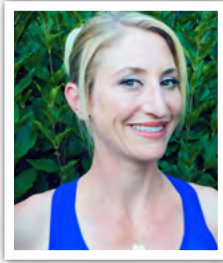
**Phone:** 206-679-2720

**Email:** morgandn@outlook.com

**Availability:** Mon 9am-2pm,  
Tue/Thu Daytime-2pm (based on availability), Wed 9-11:30am

Morgan is a Certified Personal Trainer and Group Fitness Instructor through the American Council of Exercise (ACE) and also holds both her BS and MS from the University of Washington in Conservation and Social Sciences. Additionally, she completed the extensive Personal Trainer Certificate Program at Bellevue College. She is a long time Bellevue resident and active community member. She loves being challenged through all kinds of physical activity and is an avid outdoor sports enthusiast, both individually and with her husband and children.

Morgan blends her passion for health and wellness with her love of the outdoors to create a solid framework to prepare you to embrace all the Northwest life has to offer. Through her positive health coaching approach, Morgan gives people a foundation of confidence and sense of control over their own lives and bodies so they can envision and become the person they've always wanted to be. She will empower you to make a change for the better through balancing what she sees as the perfect trifecta to get you there - fitness, nutrition, and motivation.



## Sara Grandstrand

MS, LAT, ATC, CSCS

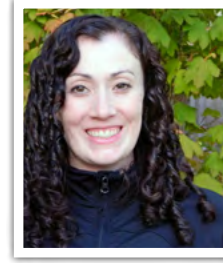
**Phone:** 425-765-8980

**Email:** sara.atc@gmail.com

**Availability:** Mon 4-8pm,  
Tue/Thurs 8am-12pm,  
Wed 4-8pm,  
Sat 8am-12pm

Sara is a certified athletic trainer and strength and conditioning specialist with an undergraduate degree in Exercise Science and Athletic Training from Pacific Lutheran University. She also has a master's degree in Exercise and Sports Studies from Boise State University, where she conducted and co-authored research related to the prevention of injuries in female athletes. She has experience in a variety of sports medicine-related settings including athletic training, strength and conditioning, physical therapy and biomechanics research.

Sara was the head athletic trainer for Interlake High School in Bellevue for 10 years. Currently, she is the head gymnastics coach at Interlake. Additionally, Sara teaches conditioning classes at SBCC. Sara has a passion for injury prevention, performance enhancement, corrective exercise, rehabilitation, return to play training, and prenatal/postnatal exercise. She enjoys working with youth and adults of all ability levels to improve their quality of life through exercise.



## Diane DeFuria

LMP, NSCA-CPT

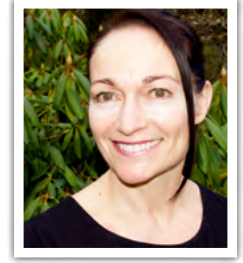
**Phone:** 425-221-0070

**Email:** ddefuria@msn.com

**Availability:**  
Mon/Tue/Thu/Fri 7am-4pm,  
Wed 7:30am-12pm,  
Sat 8-11am

NSCA Certified Personal Trainer since 2004, Diane infuses her cutting-edge training approach with a blend of experience, knowledge, and warmth. She has garnered rave reviews for the unique way in which she leads people to dramatically upgrade their quality of life by making their bodies and minds stronger and more flexible. Her background includes more than 20 years as a licensed massage therapist, giving her an encyclopedic understanding of what a body needs in order to improve posture, be healthy, fit, and youthful, regardless of age.

Diane lives her "Age Later!" motto, and is passionate about helping others make that uplifting attitude a part of their own lives. A long-time Bellevue resident, she relishes an active and healthy lifestyle.



## Kelvin Wallace Jr.

MS, MS, USAW-L1, NASM-CPT, TRX- PT

**Phone:** 409-656-5277

**Email:** kelvinwallacejr@yahoo.com

**Availability:** Tue/Thu 7am-1pm

Kelvin is a Certified Strength and Conditioning Coach with an undergraduate degree in General Studies from Southern New Hampshire University and master's degrees in Sport Management and Sports Administration from the University of Miami and Southern New Hampshire University. He played six years of professional football in Europe as well as the Arena Football League. Currently, Kelvin is the Director of Player Athletic Development for University Prep in Seattle and can be found teaching various Bootcamps throughout the Eastside and Mill Creek area.



Kelvin has experience with various populations and fitness levels combined with a passion for helping others reach their fitness goals and beyond. In his spare time, Kelvin enjoys golf, tennis, working out and a good happy hour. He believes in living with the energy and belief that each day is an opportunity to better your mental and physical ability through training and hard work.