



# PersonalFit

*Certified Personal Training Services*

Rockin' Fitness now offers certified **personal training services** in our facility! From **weight loss to cardiac health to strength training to running a 5k**, whatever your personal goals, our fitness professionals can help you find your way.



## A personal trainer will:

- Know your health history, goals, and needs
- Create an exercise program designed just for you
- Work one-on-one to make sure you exercise safely
- Be your fitness partner and help keep you on track

See **PersonalFit** info cards at desk for rates and other information - contact our trainers directly to schedule a consultation!  
*(RF annual members get a FREE consultation - call now to schedule!)*

### Jessica Dillon, Certified Personal Trainer

- Certified through the National Exercise Trainers Association
- Five years' experience teaching group fitness in yoga, pilates, core, and H.I.I.T. classes
- Specializations include: building core strength, weight loss, flexibility, women's fitness, and wellness and exercise for beginners



### Kathy Teschner, Certified Personal Trainer

- Certified through the National Exercise Trainers Association
- Former Zumba® group fitness instructor
- Specializations include: senior fitness, weight loss, strength training, circuit training for all age groups

