

# Personal Training



As a pass member at Carver Recreation Center, you can have a trained fitness professional develop a program specifically designed to meet your needs and interests! Our trainers will help you maximize your workout and minimize your risk of injury. Sessions include instruction on weight machines, free weights, cardio equipment, flexibility and core training.

## FITNESS ASSESSMENT \$10

Meet privately with a fitness specialist to determine your current fitness level and discuss methods for improvement. This one-hour fitness assessment will include basic vital signs, strength, flexibility and cardiovascular fitness assessment along with your fitness and wellness goals.

## INDIVIDUAL TRAINING

Intro to Fitness Package - **\$80**

(Fitness Assessment + 2 sessions)

1 Training Session - **\$45**

4 Training Sessions - **\$160**

6 Training Sessions - **\$210**

8 Training Sessions - **\$260**

**Scholarships do not apply**

Our trainers are certified, highly skilled, educated and able to help with your fitness and wellness goals. Please contact them directly to schedule your appointment.

## Meet Our Trainers!

Kathryn Bender, MS

Certified Personal Trainer

National Academy of Sports Medicine  
(434) 825-4803

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Sue Hald

Certified Personal Trainer

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**parks & rec**  
CHARLOTTESVILLE



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