



PERSONAL TRAINING



Jeanne Minder

952-907-0669

Jeanne Minder is a Certified Personal Trainer through American Council on Exercise (ACE) with field experience since

1989. She is also a Certified Coach and World Class Athlete, having raced for the US Triathlon Team All-American Triathlete, ranking in 26 Marathons including the Boston Marathon two times and six Ironman Triathlons, including the Hawaii Ironman Triathlon three times. Jeanne holds a BA Degree in Physical Education from the University of Minnesota and has background in program implementation in many diverse areas including CEC'S in: strength training, exercise for special populations, women's exercise, older adults and seniors, biomechanics for upper and lower body, medical issues such as metabolism, heart disease, blood pressure, and arthritis.

Is Your Workout Routine Starting To Fizzle?

Let A Personal Trainer Add Sizzle!

Our personal trainers will help you set goals and customize your cardiovascular and weight training workout.

Personal Training Services

- Appointments only, choose your trainer and call directly
- Prepayment, health form and registration required
- 1,2,3,5 session packages, orientations and body compositions expire in 6 months from date of purchase
- 6,12,13 session packages expire in 12 months from date of purchase
- Services are non-refundable and non-transferable
- For rescheduled or missed appointments, 24 hour prior notification to trainer is required or you will be charged for the session

Personal Trainer Fit Tip Days

New Brighton Community Center invites you to meet our Certified Personal Trainer who will be on the floor of the fitness center to offer fitness tips, machine demos and answer your questions. The trainer will enlighten you on an active and varied workout routine for your maximum health benefit. Receive 10% off one personal training service, group fitness class registration or \$20 off the monthly or annual membership enrollment. Not valid with other discounts or specials. Details are described in the personal training brochure, available at the Guest Service desk. Call Guest Services at 651-638-2130 for available dates and times.

Fitness Center (South-East Entrance)
Various Dates & Times Ages 12 and up
FREE

30 Minute Time Saver Personal Training Sessions:

\$371 session
(30 minutes of Personal Training)

\$652 sessions
(1 hr, about \$32 per session)

\$1606 sessions
(3 hrs, about \$26 per session)

\$30913 sessions
(6.5 hrs, about \$23 per session)

1 Hour Personal Training:

For starters, tune ups and tracking
\$1673 sessions
(3 hrs, about \$55 per hour)

\$2725 sessions
(5 hrs, about \$54 per hour)

1.5 Hour Personal Training Sessions:

For starters, tune ups and tracking
\$1091 session
(1.5 hrs)

\$2062 sessions
(3 hrs, about \$68 per hour)

\$5666 sessions
(9 hrs, about \$62 per hour)

\$79212 sessions
(18 hrs, about \$44 per hour)



Body Composition

A body composition refers to the relative amount of body fat, lean weight and inches. This is a fabulous motivator and health maintenance tool.

- Approximately one half hour
- \$31 per person

Basic Fitness Orientation

Learn proper fitness equipment techniques for a safe and effective workout appropriate for your goals.

- Approximately one hour
- \$49 per person

Refresher Fitness Orientation

Review your fitness orientation plan and equipment techniques to get you back on track for a six pack. Youth or adults can take advantage of this refresher course to remind, renew or just use the tools from a past orientation.

- Approximately one hour
- \$39 per person
- After completion, receive \$10 off your next personal training package if purchased at the orientation appointment (not valid with other discounts)

Youth Fitness Orientation

The New Brighton Community Center requires youth ages 12-17 to take a one hour Youth Fitness Orientation for your health and safety before activating your fitness center access. This is a great opportunity to learn goal setting, cardio workouts, proper set up and form for safety in strength training. After the orientation is complete, you will have permission to use the workout equipment explained in the orientation including a brief introduction to free weight training and leg press. Once completed, the trainer will alert Guest Services to grant membership access, indicated with a special wristband. Please note: Cable Crossover, Chin Dip, on request only, Smith Machine is not recommended. More extensive free weight training workshops or clinics may be purchased for continued in depth or personalized programs. After this orientation you will receive a 10% off discount to enroll in a health coach session, weight training workshop or one-on-one clinic within five days of the completion of the orientation.

- Approximately one hour
- \$49 per person
- After completion, the trainer will validate your membership at Guest Services

Personal Training Specials

Take advantage of the following monthly personal training specials.

April

Enjoy a two for one Body Composition (\$31 savings).

Trainer 6 Pack

Purchase a package of six 1.5 hour Personal Training sessions and receive a complimentary session (\$109 savings).

Fitness Friends

Bring in a friend and enjoy a two for one Basic Orientation – get your fitness on track with this two on one trainer session (\$49 savings).

May

Basic Orientation

50% off with Annual Membership purchase.

Trainer 12 Pack

Partners or pals keep motivated with a family or friend work out partner by splitting or sharing the guide of a personal trainer. Purchase a 12 pack of personal training and receive a complimentary session (\$109 savings).

Group Training \$40 each person:

20% off 2-4 people, 50% off 5-8 people – Fitness is better together and great as a gift.

Group Orientation

Youth or adults sign up with our trainers for a time that meets your schedule and you will be placed in groups with a minimum of two and maximum of six. No refunds or make up times allowed for missed sessions. Take advantage of a low rate and a supportive team atmosphere to learn goal setting, nutrition tips, cardio and strength machine set up, adjustments and complete a personal workout tracking card.

- Approximately one hour
- \$20 per person

June

Enjoy a two for one Body Composition (\$31 savings).

Trainer 6 Pack

Purchase a package of six 1.5 hour sessions and receive a complimentary session (\$109 savings).

Fitness Friends

Bring in a friend and enjoy a two for one Basic Orientation(\$49 savings).

July

Enjoy 20% off a 3 pack of 1 hour Personal Training sessions

Just a little over \$44 a session, can't beat that in the heat!

August

Enjoy a two for one Body Composition (\$31 savings).

Trainer 6 Pack

Purchase a package of six 1.5 hour Personal Training sessions and receive a complimentary session (\$109 savings).

Time Saver Training

Purchase a package of thirteen 30 minute sessions at 10% off.

Total Composition

Purchase a 3 pack of 1 hour start up training sessions and receive a complimentary body composition (\$31 savings).

Balance Training: Knee Strengthening

Have you noticed that your balance is not as good as it used to be? Have your knees gotten weaker and ache from arthritic pain or surgery? This is the session for you! Jeanne Minder will teach you 10-12 exercises to help remedy these issues and get you moving freely and strong again. These exercises can be done in the fitness center or at your home.

- Approximately one hour. Call to set up appointment at 952-907-0669
- \$45 per person