

PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options.
All trainers can work with all levels of exerciser.

1 HOUR PERSONAL TRAINING

1 Session - \$70
4 Sessions - \$265
8 Sessions - \$520

30 MINUTE PERSONAL TRAINING

1 Session - \$35
4 Sessions - \$133
8 Sessions - \$260

1 HOUR 2-PERSON TRAINING

1 Session - \$49
4 Sessions - \$186
8 Sessions - \$364

30 MINUTE 2-PERSON TRAINING

1 Session - \$25
4 Sessions - \$94
8 Sessions - \$182

Prices shown are **per person** program costs.

Our trainers will customize your workout according to individual needs, with strict attention to any pre-existing medical or physical conditions. If necessary they will also assist with your rehabilitation.
To book an appointment please contact our trainers directly:



FITNESS FLOOR ORIENTATION

As a service to all Annual and Automatic Monthly Payment patrons a Free 1-hour fitness orientation is provided with any MVR Personal Trainer. Trainers will review all equipment, proper technique, safety guidelines, policies and procedures for pass holders to safely exercise and workout at the Aquatics and Fitness Center.

Equipment orientations are not personal training sessions. Failure to attend scheduled orientations or cancellation within a 24-hour period will result in loss of this free service.

Adults Ages 18 yrs+: (\$40) 1-hour fitness orientation with any MVP Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center.

Mandatory Fitness Floor Safety Orientation for Youth Access

Ages 11 – 13 yrs: (\$80) provides a package of (4) 30-minute training sessions with any MVR Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center. Required before access to independent workouts.

Ages 14-17 yrs: (\$40) 1 -hour fitness orientation with any MVP Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center. Required before access to independent workouts.

For additional training and exercise opportunities for youth, teens, and adults, please see pages 80-88 or contact the Aquatics & Fitness Supervisor at (415) 383-1370.

PERSONAL TRAINERS

AQUA & GENERAL FITNESS - Water is the wave of the fitness future! Aquatic Assessments & Post-Assessment Training as well as General Personal Training available.



Tina Parrish – Aqua and Fitness Personal Trainer. Use the Water to Get Moving!

Certified AEA Water Fitness Professional and NASM Personal Trainer specializing in using water to teach safe and effective exercises for active adults of all ages and abilities. Water exercise may improve mobility, reduce chronic health challenges such as degenerative conditions, injuries, and metabolic disorders like diabetes, obesity, and high blood pressure. Health coaching and integrative approach to overall wellbeing transforming mindset through exercise and positive collaboration with health and wellness professionals to address individual needs.

AQUA ASSESSMENT 60 minute session – \$140 (Includes 2 pool passes)

POST-ASSESSMENT 60 minute sessions - 1 Session - \$70 | 4 Sessions - \$265

POST-ASSESSMENT 30 minute sessions - 1 Session - \$35 | 4 Sessions - \$133

Contact Tina at (415) 827-6895 | tinalandwater@yahoo.com

GENERAL FITNESS - Learn a variety of fitness principles and build a healthy lifestyle through exercise.



Tom Beyer – Enhance your Mind, Body & Spirit

Certified ACE Fitness Trainer, B.A. degree, teaching credentials in yoga and meditation.

20 + years of experience helping people of all fitness levels and rehabilitation needs work toward individual goals. Specializes in Pre & Post Op Rehab, Stability, Balance & Fluidity, Gentle personalized approach tailored to each individual's needs.

Contact Tom at (415) 420-3386 | tom@fit-at-any-age.com



Jill Hawkins – A balanced lifestyle leads to happiness and wellness

Recreation Therapist with over 25 years of experience in health, wellness, personal training, land and water group fitness instruction.

Enjoy fitness & exercise with this result driven, motivating and empowering trainer supporting the creation of a fun and balanced lifestyle. Specializes in coordination, balance and joint rehabilitation. Equating fitness to freedom, maintaining muscle and flexibility.

Contact Jill at (224) 323-3915 | jillsuzanne27@gmail.com



Sheri Lempert – Specializing in Safe, Effective Full-Body Workouts, Fitness Nutrition

Certified NASM, ACE, TRX, and Maddog Athletics Trainer.

Specializes in cardiovascular and resistance training, with an emphasis on proper form, effective training techniques, and nutrition for optimal performance. Workouts focus on sculpt, tone, endurance, strength, balance and flexibility in safe, effective, challenging workouts aimed at reaching health, fitness, and lifestyle goals. Inspiring strong, vibrant active, healthy, balanced lifestyles.

Contact Sheri at (415) 378-8609 | getfitwithsheri@gmail.com | getfitwithsheri.com



Tilda Loftin – Work hard, keep it fun and see great results

NASM certified personal trainer, massage therapist, land and water group fitness instructor

Focuses on proper technique, nutrition and a whole-body approach to fitness. Specializes in teen, pre/post-natal and corrective exercise, utilizing a combination of high intensity drills, strength workouts, plyometric and body resistance with proper technique that can quickly, and safely, improve strength and fitness.

Contact Tilda at (650) 867-2505 | tilda@coachtilda.com | coachtilda.com

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Elisa Menzel – Balance Exercise Programs for Older Adults

Certified ACE Fitness Trainer.

Featuring a well-designed exercise program with concurrent performance of balance exercises and additional tasks to improve function, balance-recovery, reaction capacity and postural stability. Experience superior multi-component balance training through an all-inclusive strategy in a safe and caring personal training session.

Contact Elisa at (415) 748-1977 | Elisa@fitness-inside-out.net



Tracey O'Hare – Movement for everybody

Certifications from ACSM, ACE and TRX. B.S. in Kinesiology. HAES advocate. Aqua and fitness personal trainer.

Specializes in adapting training for rehabilitation needs (orthopedic, cardiac and cancer-related), beginners and seniors focusing on effective body awareness, safe movement, skills, technique, confidence and progressions encouraging improved strength and fitness.

Overcoming Fear of Water Class for Adults available. Cost: \$45/ 30-Minute Private Lesson for 1 Person

Contact Tracey at (415) 381-4810 | tracey_ohare@hotmail.com



Harriet Parsons – Specialist in the Fundamentals

Certified TRX, NCSF Personal Training and Nutrition.

Specializes in providing creative, fun, high energy workouts through fundamentals to ensure the correct neural pathways are firing up to optimizing workouts, whilst minimizing the risk of injury. Providing structure and focus to workouts using weights with cardio workouts.

Contact Harriet at (415) 400-9316 | mrsharryfitness@icloud.com



Ramiro Vasquez – Fitness and wellness should be a joyful passion

Certified ACE Fitness Trainer with 5 years of personal training experience.

Training style focuses on the use of free weights and body weight. Specializes in developing body building/power lifting training techniques for both men and women incorporating new training styles ideal for a wide variety of fitness levels. Personalized training program utilizes active listening, establishing fitness goals, and promoting wellness from within through balance of mind, body and soul.

Contact Ramiro at (707) 308-5694 | Ramirov2018@icloud.com



Carol Viliani – Safe strength, balance and flexibility training for all levels

Certified ACE Fitness Trainer. BS degree in Zoology from UC Berkeley with 20 years as Food Nutrition and Science professional.

Specializes in whole body strength, high performance recreational workouts, plyometrics, speed and agility training. Techniques for developing strength training with confidence, individual fun and goal-oriented workouts encourage strong, confident and active lifestyles. Senior clients focus on five activities of daily life with fitness being a catalyst for positive change affecting every aspect of life.

Contact Carol at (303) 910-3176 | carolvigliani@gmail.com

Disclaimer: Consult a physician before beginning any exercise program. Mill Valley Recreation is not a medical facility or rehabilitation center able to address significant medical concerns. Physician consent form required only for participants with a heart condition.

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NUTRITION - Nourish your body with whole foods. Transform your health.



Kat O'Loughlin – Certified Nutrition Consultant leading monthly classes at the Mill Valley Community Center.

Educating health-minded clients and encouraging dietary and lifestyle changes which may increase energy, improve sleep, mood, immune and digestive health and reduced inflammation. Focus is on developing the understanding and connection between food and optimum health beyond weight loss. Schedule a complimentary 15-minute consultation.

Pricing same as Personal Fitness Training Prices on page 84. Purchase packages of 4 or 8 sessions. Single session not available.

Contact Kat at (415) 350-3795 | NutritionWithKat@gmail.com

PILATES & YOGA - Grasp the basics of Yoga, learn to modify a practice while healing, and much more.



Susanna Czuchra – Between Heaven and Earth Wellness

All level yoga class taught by Acupuncturist, herbalist, and Iyengar tradition yoga teacher with a private practice in Mill Valley, offering group classes at the Aquatics and Fitness Center. Specializes in helping people of all fitness levels find comfort and grace through mindful movement with a playful and direct teaching style and a keen sense of resolving physical complaints through application of the yoga asanas. Experienced in working with many types of challenges including fibromyalgia and scoliosis.

Contact Susanna at (415) 271-2171 | between.heaven.earth@mac.com

FaceBook: **Between Heaven and Earth Wellness**



Kathy Catalano – Private Pilates and Yoga Instruction (Iyengar)

Certified ACE Fitness Trainer, Mat and Small Apparatus Pilates, and Yoga Alliance E-RYT 300 Hour, Women's Pelvic Floor training.

Specializes in exercise to therapeutically increase movement, strength and flexibility emphasizing proper breathing, correct spinal and pelvic alignment and optimizing safe movement of the shoulder girdle. Focus on enhancing sports performance training deep "core" muscle groups, improving safety and efficiency of movements. Developing programs of specific Pilates exercises and/or Yoga poses and stretches to target muscle imbalances, improving posture and balance which may prevent or relieve chronic back pain.

Contact Kathy at (415) 717-4093 | kscinca@icloud.com



Emily Dixon – Principles of Ashtanga Yoga

Emily's teaching style comes from a deep love and respect for the principles of Ashtanga yoga, 20 years of committed practice and 15 years of teaching. 500 hours of basic and advanced training, severe injuries and 18 months with her teacher in India brought Emily deeper into the healing and transformative powers of yoga. Her real gift is her own imperfection and beginner's mind, because it gives students permission to be where they are in an inclusive body positive environment. Emily teaches because she loves to share it!

Contact Emily at (415) 407-3957 or emilydixonmarketing@yahoo.com

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