



## PERSONAL TRAINING SERVICES



### **Cassie Winters** Certified Strength and Conditioning Specialist

Cassie is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. She is also CPR certified through the American Heart Association.

Cassie's specialties include weight loss/gain, body toning, strength and flexibility training, pre/post natal workouts and plyometric training. Her clients range from college athletes to those new to exercise. She enjoys working with clients on their individual goals and helping them achieve their best fitness results.

After graduating from The Ohio State University, Cassie coached high school girls' basketball and worked as an administrative assistant for a sports psychologist. Prior to training at the Arena District Athletic Club Cassie trained in the Clintonville area.

### **Private Training** individual personal training

1 Session:	½ hour / \$40	1 hour / \$60
3 Sessions:	½ hour / \$115	1 hour / \$155
6 Sessions:	½ hour / \$195	1 hour / \$290
12 Sessions:	½ hour / \$350	1 hour / \$530

### **Group Training** groups from 2-4 can workout together

1 Session	½ hour / \$30	1 hour / \$40
3 Sessions	½ hour / \$85	1 hour / \$115
6 Sessions	½ hour / \$145	1 hour / \$205
12 Sessions	½ hour / \$255	1 hour / \$375

### **Program Design**

Initial consultation, personal workout design and training session: \$60

**To start your personal**

**training services contact:**

**Cassie Winters**

**614-461-7785**

**[cassie@arenaathletic.com](mailto:cassie@arenaathletic.com)**

All prices are per person. Prices subject to change. Packages must be used within 3 months from date of purchase. All appointments require a 24 hour cancellation notice.

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