

Benefits of Working with a Personal Trainer

A Personal Trainer can help you:

- Get results!
- Stay motivated & avoid exercise boredom.
- Make sure you are exercising safely with proper form.
- Modify your workout program to accommodate specific illnesses, injuries, or conditions.
- Train for a sport or event.
- Teach you new and exciting exercise techniques.
- Identify weaker areas of your body and help you to get stronger.
- Push past plateaus and continue to improve your results.
- Reach your goals!

*Check out our website
for images & videos
of our facility as well
as special offers & events.*

www.doylecenter.com



Get results with
**PERSONAL
TRAINING**

Call us! 269.659.8110

310 N. FRANKS AVENUE
STURGIS MI 49091 **269.659.8110**

meet the trainers...

Dear Member,

Statistics have shown that working with a personal trainer is one of the most successful ways to reach your fitness goals. At the Doyle, our trainers are certified through a Nationally recognized organization and will develop an individualized, goal-oriented program for you. Our trainers provide motivation, accountability, and variety to help you achieve desired results. Each trainer has their own specialties and training philosophies to meet your needs. Today is the perfect time to begin your pursuit of a healthier lifestyle! Call or visit the Doyle Center to get started, or visit our website at doylecenter.com for more information on the facility and our personal trainers.

Sincerely, Doyle Staff



TALIA YEOMAN

Fitness Supervisor. Personal Trainer

Degree: BA, Ball State University

Exercise Science, Pre-Physical Therapy

Certification: ACSM Personal Trainer, ACE

Health Coach, Tabata Bootcamp,

SilverSneakers, R.I.P.P.E.D.

Specialties: Weight loss/Toning, Interval

Training, Tabata, Functional Training,

Knee/ACL Rehabilitation.



ELTON RAINS

Personal Trainer

Certification: ISSA

Strength and Conditioning

Specialties: Speed & Explosive Jumping

Development, Overall Athleticism,

Strength & Hypertrophy Training,

Power Lifting, Olympic Lifting

individual rates

Single Session . . . \$35

5 Sessions . . . \$166 (5% discount)

10 Sessions . . . \$315 (10% discount)

20 Sessions . . . \$595 (15% discount)

group rates

Group training for 2-4 participants is available, but must be agreed to in advance with the trainer. Rates are determined on a case by case basis.