



# Whole Body Fitness Personal Fitness Training & Nutrition

## Jared Haley - Professional Level

Jared Haley is one the newest addition to Whole Body Fitness. He is certified through the American Council on Exercise (ACE) as a Personal Trainer. He is also a Physical Education Instructor for the Ocean View School District.

Prior to joining the Whole Body Fitness Team, Jared attended Concordia University and received his BA Degree in Communications. He is a former top collegiate tennis player receiving both athletic and academic scholarships from Concordia. Having an extensive background in competitive tennis, he came to understand the importance of fitness and a healthy lifestyle. Jared is truly passionate about fitness, he enjoys working with people, and he is committed to helping his clients achieve their specific fitness goals.



### A personal note from Jared:

*"I am very excited to be a part of such a wonderful group of professionals. As a member of the Whole Body Fitness Team, I will help you reach the level of fitness you aspire to in a safe and encouraging environment."*

### Tennis Accomplishments

- Ranked 73 in Southern California in the Boys 18 and Under Division
- Played under a tennis scholarship for Concordia University
- As a senior at Marina High School he finished at #3 in his League (Sunset League)
- Former tennis instructor for the Edison Community Center

### Specialties

- Tennis and Sports Conditioning
- Muscle strengthening
- Aerobic and Anaerobic Development
- Personalized fitness programs

## Special Introductory Package

Packages	Hourly Rate	Savings	Price
10 sessions	\$50	<b>\$100</b>	\$500.00

## One-on-One Private Training

One-on-one single sessions, hourly rate: **\$75.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$65	<b>\$60</b>	\$390.00
10 sessions	\$60	<b>\$150</b>	\$600.00
16 sessions*	\$55	<b>\$320</b>	\$880.00
20 sessions*	\$50	<b>\$500</b>	\$1,000.00

Payments due at time of service. Discounts apply only to packages paid in advance.

### Partner/Couples Fitness Training

60-minute shared sessions (2 people), hourly rate: **\$90.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$80	\$40	<b>\$60</b>	\$480.00
10 sessions	\$74	\$37	<b>\$160</b>	\$740.00
16 sessions*	\$70	\$35	<b>\$320</b>	\$1,120.00

**Package rates are based on 2 people training together.**

Payments due at time of service. Discounts apply only to packages paid in advance.

### Fitness Consultation and Personalized Program Design

- Learn about your lifestyle such as weight history, eating and exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic and effective "fitness program" that is conceivable and achievable based on your fitness levels and is valuable and functional for you to do.
- A complimentary copy of the "Daily Journal for Exercise & Nutrition"
- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by FitnessWave with 6 page detailed analysis. [www.getdunked.com](http://www.getdunked.com). Whole Body Fitness will pay for one (1) body fat composition test with FitnessWave per 12 month period.

### Teen Sports Conditioning for Tennis

Personal Fitness Training that includes generalized and/or sport specific conditioning: boxing, martial arts, basketball, volleyball, football, baseball, wrestling, tennis, golf Get that extra edge whether it's for recreational or organized sports.

60-minute private sessions, hourly rate: **\$80.00**

Packages	Hourly Rate	Savings	Prices
8 sessions	\$60	<b>\$160</b>	\$480.00
16 sessions	\$55	<b>\$400</b>	\$880.00

Payments due at time of service. Discounts apply only to packages paid in advance. Savings are based on one-on-one single session rate of \$80.00.

### Offsite Training Available

In-home training **or** training at your corporate gym.

Hourly rate based on one-on-one single sessions: **\$100.00\***

Packages	Hourly Rate	Prices
10 sessions	\$90	\$900.00
16 sessions	\$85	\$1,360.00
20 sessions	\$80	\$1,600.00

Payments due at time of service. Discounts apply only to packages paid in advance.

**Please visit our website to learn more: [www.WholeBodyFitness.Biz](http://www.WholeBodyFitness.Biz)**

**Whole Body Fitness** is located in Newport Beach/Costa Mesa, CA and can help you with:

- Personal training
- Pre & Post Natal fitness
- Couple's training
- Exercise Programs at your gym
- Outdoor workouts & training
- Group exercise classes
- In home training
- Teen Fitness & Nutrition
- Lifestyle Coaching for a healthier lifestyle
- Body Fat testing
- Weight loss & management
- Weekly meal planning
- Grocery Shopping
- Kitchen organization
- Telephone counseling
- Nutrition programs