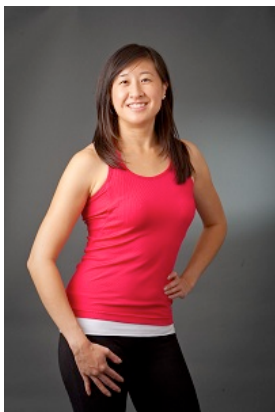


WHOLE BODY FITNESS



About Jennifer Tsai Jennifer's interest in personal training began as a Whole Body Fitness client. At the gym she experienced firsthand the value of a certified trainer after witnessing her muscle tone, body composition, and overall fitness level improve significantly. Personal training also helped her to complete her first half marathon. Jennifer's mother is also a WBF client and (even though she's not gung-ho on exercise like Jennifer) has achieved noticeable gains in strength, balance, and coordination. After many years as an engineer in the aerospace industry Jennifer felt ready for a change from the office life. She totally understands the difficulty of staying in shape while at a desk job and is excited to start a career helping people improve their health. Jennifer completed her certification as a Personal Trainer through the American Council on Exercise (ACE) in 2010.

Education

PEPPERDINE UNIVERSITY
Graziadio School of Business and Management

Pepperdine University, Malibu & Irvine, CA
Masters of Business Administration
2006 – Present



Loyola Marymount University
Bachelor of Science in Computer Science
Class of 2003

Experience

2010-Present Personal Trainer for Whole Body Fitness

2005-2010 Software and Systems Engineer for the Boeing Company



Certification Information



America's Authority on Fitness®

Jennifer is a **Certified Personal Trainer** through the American Council on Exercise. She also has a Specialty Certificate in Pre & Postnatal Training. The American Council on Exercise (www.acefitness.org) is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness," ACE continually sets standards

and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends.



Healthy Moms® Fitness
Certified Perinatal Fitness Instructor
Since 2010



American Red Cross
CPR, AED & First AID
Certifications Current



Other Special Training and Continuing Education:

- TRX Suspension Training Certification - February 2010
- American Red Cross CPR/AED and First Aid - December 2009
- Healthy Moms Certification in Perinatal Fitness and Wellness – September 2010
- ACE Advanced Health & Fitness Specialist Certification - Pending
- Road Runners Coaching Certification - Pending
- Irvine Valley College courses: Kinesiology, Anatomy -Pending

One-on-One Private Training



60 Minute Private Sessions, hourly rate: \$75.00

Suggested One-on-One Package Specials

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

Partner or Couples Training

60 Minute "Shared" Sessions – 2 people, hourly rate: \$90.00

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

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

With the purchase of any training package

- Learn about your lifestyle such as weight history, eating & exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective "fitness program" that is conceivable and achievable based on your fitness levels & is valuable and functional for you to do.
- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com.

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

Offsite Training Available:

In home training or training at your corporate gym

60 Minute Private Sessions, hourly rate **100.00***

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

*Rates inclusive of travel time within a 10-mile radius. These package rates are subject to change if distance traveled to you is more than 20 minutes.



Certified Perinatal Fitness Instructor

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www.HealthyMomsFitness.com

Pre and Post Natal Training Packages

60 Minute Private Sessions, hourly rate: **\$75.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
8 sessions	\$70	\$40	\$560.00
12 sessions	\$65	\$120	\$780.00
16 sessions	\$60	\$240	\$960.00
20 sessions	\$55	\$400	\$1,100.00

All new pre- and postnatal clients **must** obtain a medical release from their doctor to be provided to Whole Body Fitness, LLC before participation in an exercise program with Whole Body Fitness, LLC"

All Pre- & Postnatal training packages include:

- Learn about your lifestyle exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective "fitness program" that is conceivable and achievable based on your fitness levels
- **Polar Heart Rate Monitor** is required for training to continuously monitor your heart rate with an alarm function to keep you in a specified zone. It will also track calories burned, exercise time, time in zone and much more! It is a great tool to use after your pregnancy. Please ask me how to get one.



Prenatal Packages also include:

- A complimentary copy of "Nine Months Strong" or "Creating your birth plan". (\$18 value)

Postnatal Packages also include:

- Included with the purchase of Postnatal sessions is a hydrostatic weighing body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. (\$49.95 value)

Whole Body Fitness

Proudly celebrating 12 years of service since 1999

For complete details on all services and prices please visit our website at

www.wholebodyfitness.biz