



Regina is certified as a Personal Trainer through the American Council on Exercise (ACE) and like Robin and Monica, has gone from a three-year Whole Body Fitness client to a Whole Body Fitness trainer. Regina is a member of the IDEA Health and Fitness Organization and is currently due to complete her Fitness Specialist Certificate at Irvine Valley College in October 2008.

Regina is committed to working with business professionals, Moms, Moms-to-be, and older adults ready to bring their health and fitness to new levels. Being a mother herself, Regina believes through first-hand experience that the expertise and guidance provided by a personal trainer prepared her prior to pregnancy and led her to a smooth delivery and fast post-partum recovery. She believes this is achieved through hard work and the dedication of a personal fitness trainer who can customize to the specific needs during each trimester of your pregnancy and post-partum period.

Personal Note:

“The decision to have and raise a family doesn’t have to mean an end to a healthy and fit body. I know what it’s like to provide for a family, be a wife, maintain a home and wrangle a toddler day-in and day-out, and then find the time, energy, and motivation to exercise and take care of myself. I encourage anyone looking to improve their health and fitness to arm themselves with knowledge, seek out experts to help you with custom-tailored programs and help you achieve your goals. I am excited to have been able to ‘make the cut’ and join the Whole Body Fitness team and I look forward to enhancing peoples’ lives.”

Certifications, Memberships & Continuing Education:



American Council on Exercise
www.acefitness.org
Personal Trainer Cert #T143709
Certified since 2008



The Health & Fitness Source
www.ideafit.com
Member since 2008



CPR & First Aid Certified through the American Red Cross



Together, we can save a life

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

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

Partner or Couples Training

60 Minute Shared Sessions – 2 people, hourly rate:

\$100.00

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

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

*** Included with the purchase of any training package sessions**

Fitness Consultation & Personalized Program Design

- 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](http://www.getdunked.com) with 6 page detailed analysis. www.getdunked.com. Whole Body Fitness will pay for 1 body fat composition test (clients over 16 years old) for personal training or Lifestyle Weight Management Program per 12-month period.

Pre and Post Natal Training Packages

60 Minute Private Sessions, hourly rate:

\$80.00

Suggested One-on-One Package Specials

<u>Packages</u>	<u>Hourly Rate</u>	<u>Savings</u>	<u>Prices</u>
8 sessions	\$70	\$80	\$560.00
12 sessions	\$65	\$180	\$780.00
16 sessions	\$60	\$320	\$960.00
20 sessions	\$55	\$500	\$1100.00

All Pre- & Post-natal 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.

Pre-natal Packages also include:

A complimentary copy of **Nine Months Strong**: Shaping up for Labor and Delivery and the Toughest Physical Day of your life. \$20 value

Post-natal Packages also include:

Included with the purchase of Post-natal sessions is a hydrostatic weighing body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. Whole Body Fitness will pay for 1 body fat composition tests for personal training or Lifestyle Weight Management program in a 12 month period in order to monitor progress.



Exercise Program Design for you, at your home or corporate gym

\$100.00*

*Rates inclusive of travel time within a 10-mile radius.

This rate is subject to distance traveled to your gym. Hourly rate based on one-on-one single sessions.

Suggested One-on-One Package Specials

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

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

Clients with Medical Conditions or “special needs”

60 Minute Private Sessions, hourly rate:

\$95.00

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
12 sessions	\$80	\$120	\$960.00
16 sessions	\$75	\$240	\$1200.00
20 sessions	\$70	\$400	\$1400.00

Partner or Couples Training

60 Minute Shared Sessions – 2 people, hourly rate:

\$140.00

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

Packages	Hourly Rate	Prices
10 sessions	\$130	\$1,300.00
16 sessions	\$125	\$2,000.00
20 sessions*	\$120	\$2,400.00

**Payments due at time of service. Discounts apply only to packages paid in advance.
Rates inclusive of travel time within a 10-mile radius*

Please visit www.WholeBodyFitness.Biz to learn more:

Whole Body Fitness, LLC 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