

Robin Rutherford

Before becoming a certified personal trainer, Robin worked successfully for years in the non-profit sector as an Events Manager at The Orange County Museum of Art and as the Director of Events at AIDS Services Foundation Orange County. Robin developed strong fundraising and event planning skills, established relationships with the many donors, clients, vendors and board members of these organizations and gained valuable experience working with groups and individual with diverse backgrounds. Her decision to become a personal trainer grew from her desire to work with individuals one-on-one and make a more tangible difference in their lives on a daily basis.



Note from Robin:

"The decision to change your life and embark on a journey towards a life of health and fitness is one of the biggest events in your life! It will take planning and a lot of encouragement and support along the way! I am so excited to be part of the Whole Body Fitness, LLC team so that I can help offer you the tips, tools and resources that will help you achieve your fitness goals and obtain a healthier lifestyle!"

Education:

IVC She has completed the **Irvine Valley College Fitness Specialist Certificate** program. The Fitness Specialist Certificate program at Irvine Valley College includes coursework in: **Applied Kinesiology, Applied Exercise Physiology, Nutrition for Fitness and Sport, Exercise Testing, First Aid and Injury Prevention, Exercise for Special Populations, Instructional Techniques of Strength Training, Exercise Psychology, Marketing Techniques for the Fitness Specialist, Techniques of Instructing Aerobic Exercise, and a Fitness Specialist Internship completed at the IVC Life Fitness Center.**



Sonoma State University
Bachelor of Arts, 1993

Certification Information:



Robin Rutherford is an **ACE-Certified Personal Trainer** through the **American Council on Exercise**. 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.



Robin is also recognized at the **Advanced Trainer** level by **IDEA Health & Fitness Association**. **IDEA** (www.ideafit.com) is the world's leading membership organization of health and fitness professionals with more than 23,000 members in over 80 countries.

Other Special Training and Continuing Education:

Trigger Point Technologies Workshop – Myofascial compression techniques™ - **February 2008**
Irvine Valley College – “Prevention and Treatment of Athletic Injuries” – **December 2007**
Healthy Moms - Perinatal Fitness Instructor Training and Certification – **October/November 2007**
The Sports Club Company University - Integrated Flexibility Training – **July 2007**
IDEA World Fitness Convention (San Diego) – “Hot Topics in Sports Nutrition,” “A Unique Look at the Knee Joint,” “Great Trainer, Great Business?” and “Stroller Strides Core Conditioning for the Pre- and Postnatal Clients” – **July 2007**
Stroller Strides National Prenatal Fitness - Fit 4 Mom Pre/Postnatal Fitness – **October 2006**
The American Council on Exercise – Pre- and Post-Natal Fitness Certificate of Achievement – **December 2005**

CPR & First Aid Certified



Together, we can save a life

One-on-One Private Training

60 Minute Private Sessions, hourly rate: **\$85.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
6 sessions	\$75	\$60	\$450.00
10 sessions	\$70	\$150	\$700.00
16 sessions*	\$65	\$320	\$1040.00
20 sessions*	\$60	\$500	\$1200.00

Training for Clients with Medical Conditions or Special Need

60 Minute Private Session, hourly rate: **\$85.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Prices
12 sessions	\$75	\$960.00
16 sessions	\$70	\$1120.00
20 sessions*	\$65	\$1300.00

Partner or Couples Training

60 Minute Shared Sessions – 2 people, hourly rate: **\$110.00**

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

Packages	Hourly Rate	Rate per Person	Savings	Prices
6 sessions	\$100	\$50	\$60	\$600.00
10 sessions	\$96	\$48	\$160	\$960.00
16 sessions*	\$90	\$45	\$320	\$1440.00

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. Whole Body Fitness will pay for 1 body fat composition test for personal training or Lifestyle Weight Management Program per 12 month period in order to monitor progress

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

Offsite Training*

In home training or offsite training – We come to you!

60 Minute Private Session, hourly rate: **\$120.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$110	\$1100.00
16 sessions	\$105	\$1680.00
20 sessions*	\$100	\$2000.00

60 Minute Shared Session – 2 people, hourly rate: **\$150.00**

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

Packages	Hourly Rate	Prices
10 sessions	\$150	\$1500.00
16 sessions	\$145	\$2320.00
20 sessions*	\$140	\$2800.00

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

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

Pre and Post Natal Training Packages

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
8 sessions	\$80	\$40	\$640.00
12 sessions	\$75	\$120	\$960.00
16 sessions*	\$70	\$240	\$1120.00
20 sessions*	\$65	\$400	\$1300.00

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



A 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: Shaping up for Labor and Delivery** and the Toughest Physical Day of your life. \$20 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. 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.

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 healthier lifestyle
- Weight loss & management
- Weekly meal planning
- Grocery Shopping
- Kitchen organization
- Telephone counseling
- Nutrition programs