

WHOLE BODY FITNESS



About Robin Rutherford Robin has been a personal trainer with **Whole Body Fitness** for over 6 years. She has always loved working with people and enjoys being able to help individuals on a one-on-one basis to realize their potential and the rewards of living a healthy lifestyle. Before starting her journey into fitness, Robin was a successful non-profit events manager. Like many of us, the pressures of corporate life led to stress and weight gain so she enlisted a personal trainer (Lisa Dougherty, owner of Whole Body Fitness!) to help her reach her fitness goals. The renewed energy and joy she felt as she got fitter and stronger helped her realize that she wanted to pursue a career as a personal trainer and help others get more out of life through fitness and nutrition. Robin enjoys running and has completed several races throughout Southern California including many 5k's, 10k's, half marathons, trail races and marathons, such as the 2009 Nike Women's Marathon in San Francisco and the 2011 Portland Marathon.

Education:

IVC

Irvine Valley College
Fitness Specialist Certificate, 2006



Sonoma State University
Bachelor of Arts, 1993

Certification Information:



America's Authority on Fitness®

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 Rutherford is recognized at the **Elite 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 24,000 members in over 80 countries.



Healthy Moms® Fitness
Certified Perinatal Fitness Instructor
Since 2007



American Red Cross
CPR & AED
Certifications Current

Continuing Education

Healthy Moms® Advanced Training Course in Perinatal Fitness – Certificate of Completion – **February 2012**

Vegetarian Sports Nutrition – Certificate of Achievement – DSW Fitness – **May 2011**

Pregnancy and Strength Training – Certificate of Achievement–DSW Fitness – **July 2010**

TRX Suspension Training Certification – **June 2010**

Women's Running Magazine – Reader Advisory Board – **January 2009**

Myofascial compression techniques™ - Trigger Point Technologies Workshop – **February 2008**

Prevention and Treatment of Athletic Injuries - Irvine Valley College – **December 2007**

Integrated Flexibility Training - The Sports Club Company University – **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**

Fit 4 Mom Pre/Postnatal Fitness - Stroller Strides National Prenatal Fitness – **October 2006**

Pre- and Post-Natal Fitness - Certificate of Achievement– American Council on Exercise - **2005**



Whole Body Fitness, LLC would like to offer you an opportunity to develop a long-term **successful** fitness program in line with your personal goals that is also sensible, functional, and valuable in achieving greater **health** and longevity for life. Our dedication to your fitness goals is 100%.

We will offer you **consistent support & motivation** throughout the entire time that we are working together! We will design the best workout routine for your fitness level and goals. We will help you work harder, more consistently, and more efficiently than you would on your own. We will provide you with enough **guidance** and **education** to ensure that you establish effective exercise patterns right from the beginning! We will educate you on how your body functions and how to train it, in a safe effective manner to achieve the results you want.



One-on-One Private Training

60 Minute Private Sessions, hourly rate: **\$90.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
6 sessions	\$80	\$60	\$480.00
10 sessions	\$75	\$150	\$750.00
16 sessions*	\$70	\$320	\$1120.00
20 sessions*	\$65	\$500	\$1300.00

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: **\$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	\$140	\$960.00
16 sessions*	\$90	\$45	\$320	\$1440.00

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 (clients over 16 years old) by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. Whole Body Fitness, LLC 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.

Training for Clients with Medical Conditions or Special Need

Whole Body Fitness, LLC is committed to helping clients with medical conditions that require special training considerations such as but not limited to: diabetes, stroke, heart attack, cancer, Fibromyalgia, rheumatoid or osteo arthritis, hip or shoulder replacements, back or knee surgery, Parkinson's, multiple sclerosis, Alzheimer's, and visual or hearing impairments.

60 Minute Private Session, hourly rate: **\$95.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Prices
12 sessions	\$80	\$960.00
16 sessions	\$75	\$1200.00
20 sessions*	\$70	\$1400.00

Payments 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!

*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. We will bring equipment to you! Included with the purchase of a 20 session package is a hydrostatic body composition test with Fitness Wave.

www.GetDunked.com. Whole Body Fitness, LLC 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.

60 Minute Private Session, hourly rate: **\$125.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$115	\$1150.00
16 sessions	\$110	\$1760.00
20 sessions*	\$105	\$2100.00

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



60 Minute Shared Session – 2 people, hourly rate: **\$160.00**

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.



2010 Healthy Moms® Fitness
Certified Perinatal Fitness Instructors
www.HealthyMomsFitness.com

Pre and Post Natal Training Packages

Suggested One-on-One Package Specials

60 Minute Private Sessions, hourly rate: **\$95.00**

Packages	Hourly Rate	Savings	Prices
8 sessions	\$85	\$40	\$680.00
12 sessions	\$80	\$120	\$960.00
16 sessions*	\$75	\$240	\$1200.00
20 sessions*	\$70	\$400	\$1400.00

Payments due at time of service.

Discounts apply only to packages paid in advance.

Above discounted rates are based on 60-minute private session rate of \$85.00 with an Advanced Level Trainer.

Important Notes:

- 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
- 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.



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
- Support and motivation!

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, LLC will pay for 1 body fat composition test for personal training or Lifestyle Weight Management Program per 12-month period (*\$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