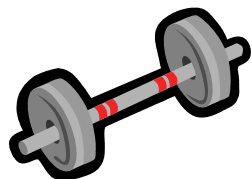


Reasons for Hiring a Personal Trainer

- ★ Individualized Workouts
- ★ Motivation
- ★ Safety
- ★ Consistency
- ★ Effective Workouts
- ★ Supervision
- ★ Goal Specific
- ★ Rehabilitation
- ★ Special Needs Training
- ★ Add Variety to Workout
- ★ Great Feeling!



Personal Training Rates

Individual Pricing

30-Minute Session	\$ 30*
1-Hour Session	\$ 60*
Non-Members	additional \$10/session

Group Pricing Available

* Rates vary per Trainer. Listed rate is the minimal member rate for personal training. Ask your Personal Trainer for their current training rate .

**For more information,
please contact Ann Hayes at:
(713)772-9955**

E-mail: AnnH@chancellors.net

Chancellors
Family Center

A 501(C)3 non-profit organization.

Chancellors
Family Center

Personal Training

Chancellors Family Center
6535 Dumfries
Houston, Texas 77096
713-772-9955
www.chancellors.org

Meet the Personal Trainers

Naomi Barker

Personal Trainer, 9 years

Certifications:

- ★ Premier Training International (PTI) Personal Trainer
- ★ PTI Nutritional Advice
- ★ PTI Circuit Training
- ★ PTI Sports Massage Therapy,
- ★ Johnny G Mad Dogg Spinning

Specialty Areas:

- ★ General Fitness
- ★ Resistance/Strength Training
- ★ Fat/Weight Loss
- ★ Marathon/Triathlon Training
- ★ Cardiovascular Training
- ★ Rehabilitation
- ★ Stability Ball
- ★ Performance/Athletic Training
- ★ Core Strengthening

Contact Info:

naomi.barker@sbcglobal.net
(713)401-4909

Trina Mosley

Personal Trainer

Certifications:

- ★ AFAA Personal Trainer
- ★ IFA Group Instructor
- ★ Heart Zones Cycling Instructor
- ★ Zumba Instructor
- ★ Certified Pilates Instructor
- ★ Certified Yoga Instructor
- ★ Certified in Principles of Healthy Active Older Adults

Specialty Areas:

- ★ General Fitness
- ★ Resistance/Strength Training
- ★ Fat/Weight Loss
- ★ Bosu Ball/Stability Ball
- ★ Core Strengthening/Pilates
- ★ Flexibility/Range of Motion Exercises
- ★ Yoga
- ★ Boot Camp
- ★ Senior Fitness
- ★ Special Populations (diabetes, cardiac, hypertension, fibromyalgia, and others)

Contact Info:

Trinamosleyfitness@yahoo.com
(713)398-6206

Sue Streeter

Personal Trainer

Certifications:

- ★ Master of Science in Exercise Physiology & Cardiac Rehabilitation
- ★ Clinical Exercise Physiologist (Louisiana Association of Exercise Physiologists)
- ★ ACSM Exercise Specialist
- ★ Member of Texas Association of Cardiovascular and Pulmonary Rehabilitation
- ★ Advanced Cardiac Life Support Certified

Specialty Areas:

- ★ Fat and Weight Loss
- ★ Senior Fitness
- ★ General Fitness
- ★ Resistance/Strength Training
- ★ Gaining of Muscle Mass
- ★ Core Strengthening
- ★ Flexibility
- ★ Special Populations (hypertension, diabetes, congestive heart failure, peripheral vascular disease, and hyperlipidemia)
- ★ Preparing & Recovering from Heart Surgery
- ★ Preparing & Recovering from Orthopedic Surgery

Contact Info:

heartofsue@yahoo.com
(713)775-6939