

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!



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, 6 years

Certifications:

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

Specialty Areas:

- ★ Resistance/Strength Training
- ★ Fat/Weight Loss
- ★ Marathon/Triathlon Training
- ★ Cardiovascular Training

Contact Info:

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

Paul Chessher

Personal Trainer , 10 years

Certifications:

- ★ Baylor Sports Medicine Institute
- ★ American College of Integrative Medicine

Specialty Areas:

- ★ Resistance Training/Strength Training
- ★ Rehabilitation
- ★ Functional Performance Training
- ★ Special Populations (diabetes, cardiac, hypertension, fibromyalgia, and others)

Contact Info:

(281)384-8051

pchessher@comcast.net

Dee Lazard

Personal Trainer, 13 years

Certifications:

- ★ National Council of Strength & Fitness (NCSF)
- ★ AFAA Personal Trainer
- ★ AFAA Aerobics Instructor

Specialty Areas:

- ★ Strength Training
- ★ Weight Loss
- ★ Cardiovascular Training
- ★ Core Strengthening

Contact Info:

hardbodydee@sbcglobal.net
(713)825-2013

Lori Pavlick

Personal Trainer, 4 years

Certifications:

American Fitness Professionals and Associates (AFPA) Personal Trainer

Specialty Areas:

- ★ General Fitness
- ★ Strength/Resistance Training
- ★ Athletic Training
- ★ Core Strengthening/Pilates
- ★ Flexibility/Yoga
- ★ Stability Ball
- ★ Rehabilitation
- ★ Senior Fitness

Contact Info:

tomotivateu@yahoo.com

Johnny Davis

Personal Trainer, 9 years

Certifications:

Baylor Sports Medicine Institute PFIT

Specialty Areas:

- ★ General Fitness
- ★ Strength Training
- ★ Sport Specific Training

Contact Info:

(713)922-0941

Personal Training Rates

Individual Pricing

30-Minute Session	\$ 25*
1-Hour Session	\$ 50*
Non-Members	additional \$5/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