



# Personal Training & Pricing

## Pricing

<b>Prices</b>	<b>1 Session \$45</b>	<b>5 Session \$185</b>	<b>10 Session \$370</b>	<b>15 Session \$550</b>
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*Process for signing up for a personal trainer...*

Contact the trainer and make an appointment for the amount of sessions you would like.  
Once you secure an appointment(s) with a trainer you then need to register at the Matteson Community Center during office hours and make you payment

**Note:** Ages 14 to 17 years old will have to have their parent/guardian sign a waiver.

### Brittney Faulkner

Brittney is a certified ISSA Personal Trainer, she has CPR/AED and First Aid certifications also. Brittney played sports in school which in term, kept her in shape and active. After having a child, she reached a weight of 215 pounds. She worked hard and in a years time she shed the extra weight. At the age of 28, Brittney is in better shape than she was in high school. Achieving her goal to lose weight made her want to not only become a Personal Training, but train to be a figure/fitness competitor. Brittney is here to help her clients achieve whatever fitness goals they may have and more. She pushes and motivated her clients to keep going when they fell like giving up. Brittney takes all sessions seriously while keeping them fun.

Specialties: Weight loss, Interval/Circuit Training, TRX, Strength/Weight Training, Bootcamp/Group Training.

**Contact Information:** Phone: 708-825-6848 Email: Brittneyfaulkner@ymail.com

### Joshua Derungs

Joshua Derunds is a NASM Certified Personal Training and Group Fitness Instructor. His primary goal is to educate, motivate and train clients to achieve their health goals, while learning lifestyle changes. Josh creates appropriate and adaptable exercise programs for clients of all fitness levels.

**Contact Information:** Phone: 708-965-2337 Email: jderungs08@gmail.com

### Matthew Swain

Matthew Swain is a NASM Certified personal trainer. He specializes in weight loss corrective exercise strength and speed training.

**Contact Information:** Phone: 708-341-0293 Email: matthewswain@rocketmail.com

### Deaneen Merrit

Deaneen Merritt has been in the fitness field for 23 years. She is a Certified Wellness Coach with Wellcoaches and AFAA Certified Personal Trainer and Group Fitness Instructor. She teaches top notch classes such as Zumba, PiYo, Yoga, Cardio Kickboxing and Pilate's. Her hobbies are public speaking, dance and sprinting.

**Contact Information:** Phone: 773-392-5326 Email: deaneenm@gmail.com

### Teresa Banks

Certified Strength and Conditioning Specialist with a M. S. in Exercise Science. Whether you're interested in enhancing your physique, general fitness level, or athletic performance, Teresa can help you reach your goal while creating a more functional body in the process. Teresa acknowledges each as equal elements of living a long, healthy life.

Credentials: M.S., CSCS, former collegiate track & field/tennis athlete, fitness competition coach, TBfit bootcamps

**Contact Information:** Phone: 708-941-6245 Email: tbanksmultis@gmail.com