



Gillett Recreation Fitness Center

Concha Ross

Personal Training Sessions

218-760-9359 or concha_ross@yahoo.com

INDIVIDUAL

1 session \$25

5 sessions \$110 = \$22/hr

10 sessions \$200 = \$20/hr

15 sessions \$285 = \$19/hr

20 sessions \$360 = \$18/hr

Double the Trouble!

(2 people)

5 sessions \$85 ea = \$17/hr/person

10 sessions \$150 ea = \$15/hr ea

15 sessions \$195 ea = \$13/hr ea

20 sessions \$240 ea = \$12/hr ea

Triple the Results!

(3 or more people)

5 sessions \$80ea = \$16/hr/person

10 sessions \$140 ea = \$14/hr ea

15 sessions \$180 ea = \$12/hr ea

20 sessions \$200 ea = \$10/hr ea

Hello, my name is Concha Ross and I'm a personal fitness trainer and nutritional specialist. I obtained my certificate from U.S. Career Institute. What makes me different from other trainers is that I have dealt with weight issues for the better part of my life and know how difficult it is to become healthy and remain that way. I have gone from 243 pounds to 176 and from a size 24 to a 14. I understand the emotional, physical, and mental struggle when losing weight. If you're looking for a quick fix, that is not what I am about, however if you want to lose weight, become fit, and be that way for life, I'm the trainer for you. Doing it on your own is not easy, I know. Becoming fit takes a balance of exercise, eating healthy and developing a support team to help you reach your goals. Let me become a part of your team.

Should you be interested in personal training sessions with Concha, participants can either purchase a guest pass and/or be a current member of the Gillett Recreation-Fitness Center.

We can work together in developing a fitness plan that best fits you, I will:

- Evaluate your current fitness level
 - Teach you the best food combinations to fuel your body
 - Help you "END the Diet Drama"
 - Push you to become the best you can be
-
- Personal Training and Nutritional Specialist certified
 - BS in Criminology through Southern Oregon University
 - Professional Boxer and amateur Mixed Martial Arts fighter