

Emily Brookshaw

Personal Training Sessions

Emily first began personal training as an undergraduate at Bemidji State University. She then moved to Waverly, Iowa where she continued her work as a personal trainer. Emily spent most of her time working with men and women to accomplish their weight loss goals. Her experience ranges from Pilates, circuit training, cycling, sports performance, water aerobics, and training the elderly and those with arthritis. Emily is excited to work with people of all ages to achieve their fitness goals!

For session information please contact Emily at 715-733-0030 or ebrookshaw@bemidjistate.edu

INDIVIDUAL

1 session \$25

5 sessions \$110 = \$22/hr

10 sessions \$200 = \$20/hr

15 sessions \$290 = \$19.33/hr

20 sessions \$380 = \$19.00/hr

Double the Inspiration!

(2 people)

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

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

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

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

Triple the Encouragement!

(3 or more people)

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

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

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

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



Education & Certifications

- Bemidji State University
- B.S. in Exercise Science
- American College of Sports Medicine (ACSM)
Certified Personal Trainer
- National Exercise Trainer's Association (NETA) Certified
Group Exercise Instructor
- American Red Cross Lifeguard Certified
- American Red Cross CPR/AED/First Aid Certified