

Benefits of Personal Training

1. **Reduces the Risk of Premature Death.** Active individuals experience a longer and improved quality of life.
2. **Reduces the Risk of Cardiovascular Disease.** Exercise strengthens the heart, vascular system, and the respiratory system to help fight against the negative effects of cardiovascular disease.
3. **Decreases Body Fat.** A favorable change in body composition reduces the risk of cardiovascular disease, diabetes, and obesity—some major life-threatening diseases.
4. **Lowers the Risk of Developing Diabetes.** Keeps body fat in control, increases cellular sensitivity to insulin, and helps to regulate blood sugar levels.
5. **Increases Muscular Strength.** Assists in the ability to perform daily activities with less effort and difficulty.
6. **Strengthens Bones.** Helps to reduce the risk of osteoporosis and reduces the chance of injury and break to bones.
7. **Increases Resting Metabolism.** More calories will be burned by the body at rest, which assists with weight management.
8. **Improves Core and Back Strength.** Develops strong abdominal muscles and back which gives better posture and reduces the chance of back pain. Also reduces the incidence and severity of low back pain.
9. **Improves Balance, Coordination, and Agility.** All movements in daily life become easier and safer as the body has an improved capability of control.
10. **Assists in Stress Management.** Everyday life becomes more enjoyable because the individual has a positive outlet for stress.

Top ten reasons for hiring a Personal Trainer

1. Accountability and Motivation
2. Train smarter = faster results!
3. To get new ideas
4. Not seeing results in current workout regimen
5. Don't know where to start
6. Bored with current routine
7. Looking for a challenge
8. Training for a specific sport or event
9. One-on-one training with a degreed and certified fitness professional
10. Need help with a specific injury or condition that needs special attention

Pricing and Packages

Standard Personal Training Rates (1 hour)

1 session = \$55.00
5 sessions = \$225.00 (\$45 / session)
10 sessions = \$400.00 (\$40 / session)
20 sessions = \$700.00 (\$35 / session)

30 Minute Sessions

1 session = \$40.00
5 sessions = \$150.00 (\$30 /session)
10 sessions = \$250.00 (\$25 /session)
20 sessions = \$400.00 (\$20 /session)

Private Functional Training

Add \$5.00 per session

There is an additional \$5.00 charge per session for non-members.

CONTACT INFO

For more information regarding Personal Training at Health Place or for any questions, please contact:

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Packages And Pricing

The Health Place Mission

Our mission at Health Place is to create and deliver high quality wellness programs and services that enhance the health and wellbeing for the community we serve. Built in 1986, Health Place was the first hospital-based wellness center in Georgia and still remains one of the few in the state. This isn't your typical fitness center. All of our full-time exercise specialists hold a bachelor degree or higher in the field of exercise. All other trainers are certified through an approved national organization. The result is people and a name you can trust, Wellstar Health Place.

Why Personal Training at Health Place?

✓ **A personalized exercise program.**

When we design your workouts, there is no one-size-fits-all approach. Your trainer will design each of your workouts to specifically accommodate your personal needs, abilities, and goals.

✓ **One-on-one supervised exercise.**

Each client will be given one-on-one attention from the trainer to make sure they safely get the most from each one of their workouts. Your trainer will be with you every step of the way!

✓ **A true fitness professional.**

Each Exercise Specialist and Personal Trainer at Health Place is certified by a nationally recognized organization. All Exercise Specialists hold a Bachelor's degree or higher in the field of exercise.

Meet the Trainers

Jesse Ausec graduated with a Bachelor's Degree in Exercise and Sports Science from the University of Georgia and is a Certified Personal Trainer through the National Council on Strength and Fitness (NCSF). At UGA, Jesse helped with the training and conditioning of the UGA Track and Field team as well as the UGA men's basketball team. He is a firm believer that one can achieve whatever he or she puts their mind to. A personal body transformation that Jesse experienced after graduating high school led him to pursue a career in the exercise field. He desires for others the same sense of accomplishment and reward that he felt after making a lifestyle change.

Britni Emerson graduated from Georgia College and State University with a Bachelor's Degree in Health Education and is a Certified Personal Trainer through the National Council on Strength and Fitness (NCSF). Prior to coming to Health Place, she completed her internship here and attended the National Council on Strength and Fitness (NCSF) workshop. Being actively involved in sports lead her to pursue a career in personal training. She enjoys helping others achieve their goals and educating them about living a healthy life.

Devin Friday graduated from Georgia Southwestern State University with a Bachelor's degree in Exercise Science/ Wellness. Prior to joining Health Place, Devin worked as an Exercise/Activities Coordinator at a Nursing Home and Care Center, Kennestone Outpatient Cardiac Rehabilitation, as a trainer to collegiate and professional athletes, and as an elementary physical education teacher. Devin is certified through Silver Sneakers governing our senior population, as well as the National Council of Strength and Fitness as an Exercise Specialist.

Mary Ann Guarnieri is a certified Jazzercise instructor and has taught step/circuit, cardio quick, basic training and personal training classes through Jazzercise. At Health Place she teaches aquatic aerobic classes, arthritis aquatic classes, swim lessons for children and adults, as well as land base group exercise and strength training classes for senior adults. Mary Ann also holds certifications as an American Red Cross lifeguard, American Red Cross Water Safety Instructor and an Arthritis Foundation Aquatic Instructor. She acquired her personal training certification with the National Council on Strength and Fitness in 2006 and has conducted personal training for clients in both residential and corporate settings.

Patti Hungate graduated from Kennesaw State University with a Bachelor's degree in Health and Sports Science. She received her Master's degree in Exercise Science and Health Promotion with a concentration in Rehabilitation Science from California University of Pennsylvania. She is Weight Training certified by the Aerobics and Fitness Association of America (AFAA), and Corrective Exercise Specialist certified by the National Academy of Sports Medicine (NASM), and has completed the Spinal Rehabilitation Certification Program at the University of Florida, Center for Exercise Science. She has previous work experience as an Exercise Therapist for an outpatient orthopedic rehabilitation facility. As an Exercise Specialist at Health Place, Patti enjoys training a variety of clients at all ages and fitness levels.

Jay Lawson is a graduate of Kennesaw State University with a degree in Health Promotion/Wellness. He is a certified personal trainer with the National Council on Strength and Fitness. What he enjoys most about his job is helping people attain their goals, improving the way they feel and enhancing their quality of life.

Megan Teplica is a graduate from Georgia Southern University with a degree in Kinesiology and is a Certified Personal Trainer through the National Council on Strength and Fitness (NCSF). Being actively involved in sports at Georgia Southern and the willingness to help others has led her to her career choice. She enjoys working with people of all ages including children.

Lamar Fernanders has acquired his Personal Trainer certification through the Aerobic and Fitness Association of America. He has been training for 8 years. He is also a certified FitPro aerobics instructor primarily teaching kickboxing classes. Lamar has been competing as a natural bodybuilder for 6 years receiving his pro bodybuilding card in 2007. Lamar has a passion for personal training; helping others to achieve their fitness goals.

Paul Schneider is a graduate of Kennesaw State University with a degree in Exercise Science. He is certified through ASCM and has been training for 8 years. Paul specializes in older populations and middle age women. He believes it is never too late to make a change in one's life. He loves to run and hike in his spare time and loves to encourage other to join him.