

Feel Motivated & Take Your Fitness to the Next Level

PERSONAL TRAINING TUKWILA COMMUNITY CENTER

Looking to improve your health, tone up, or build endurance?
Let Tukwila Park and Recreation's onsite personal trainers
design a custom program that will inspire you and
help you feel your best.

CLUB
QUALITY,
COMMUNITY
PRICED



Email to work with a personal trainer TODAY!
personal.trainer@tukwilawa.gov

60-MINUTE SESSIONS

Single \$50

Triple Play \$99

Six Pack \$186

12th Fan Pack \$348

FREE: ONE MONTH FITNESS MEMBERSHIP
with purchase of personal training package

*Workout with one of our personal trainers
in a non-intimidating private setting!*

Jocelyn Shelby



My passion and focus is to make your fitness journey FUN and challenging. I have more than 20 years of experience in the fitness industry, working with all ages,

backgrounds and levels of fitness. My goal is to help you find what works for you, teach you how to eat healthy and maintain a long-term active lifestyle.

Kerry James



My training philosophy:

- > Focus on the fundamentals of movement

- > Apply the five components of fitness, which

include: muscular strength, body compositions, muscular endurance, cardio respiratory endurance, and flexibility

- > Teach workouts that clients can also recreate on their own
- > Workouts are tailored to individual needs
- > For sports specific training, I challenge the athletes to reach their full potential
- > Reachable goals

Tanya Vanderwey



Fitness, Wellness, and Mental Health go hand in hand. I help people stay active and healthy which gives them freedom in many aspects of day to

day living. My goal is to help people stay active, feel good about themselves, and develop lifelong patterns to stay moving and healthy. I work with each person individually around their specific training needs and goals. I have specialized in working with active older adults in order to help them achieve a level of fitness and functional movement that gives them a better quality of life.