



Experience Friendly. Fun. Fitness

PERSONAL TRAINING

Freestone Recreation Center

Personal Trainer

Susan Groves

Education & Certifications

- ◆ National Exercise and Sports Trainers Association (NESTA) - Certified Personal Trainer
- ◆ Spencers Institute - Certified Lifestyle Fitness Coach
- ◆ Penn Foster - Certified Physical Therapy Aide

Area of Expertise

- ◆ Fitness for all ages
- ◆ Lifestyle Changes
- ◆ Holistic coaching
- ◆ Nutrition and weight loss



Personal Philosophy:

“What the mind can conceive and believe, the body can achieve”



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Why YOU Need a Personal Trainer:

YOU want motivation and accountability

YOU want to be challenged

YOU are not seeing results and need a jump start

YOU are not reaching your goals

YOU are new to exercise

YOU are training for a sport or an event

Ask your Personal Trainer for Pricing

Freestone Recreation Center

Personal Trainer

Taylor Carr

Education & Certifications

- ◆ B.S. Exercise and Wellness-Health Promotion and Education - National Arizona State University
- ◆ Certified Personal Trainer & Specialist in Fitness Nutrition - International Sports Sciences Association (ISSA)
- ◆ Marine Corps Institute - Semper Fit & Semper Fit Advanced

Area of Expertise

- ◆ Strength and Conditioning
- ◆ Body Sculpting
- ◆ Weight Management
- ◆ Athletic Training
- ◆ Functional Fitness



Personal Philosophy:

“Adapt and Overcome”



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To schedule a personal training session, register at the Guest Services Desk. Your trainer will contact you by phone to get you started.

Freestone Recreation Center: 1141 E. Guadalupe Rd. Gilbert, AZ 85234 (480) 503-6202