

## PERSONAL TRAINING

- ✓ Work one-on-one with a certified Personal Trainer
- ✓ Create a safe, effective, and manageable workout plan
- ✓ Improve cardio fitness, increase strength and flexibility, lose weight

Personal Training	1 Session	5 Sessions	10 Sessions
Individual	\$45 (N/R \$65)	\$200 (N/R \$220)	\$380 (N/R \$400)
Partner (Fee per couple)	\$60 (N/R \$80)	\$270 (N/R \$290)	\$510 (N/R \$530)
<b>Yoga Personal Training</b>	<b>1 Session</b>	<b>3 Sessions</b>	<b>5 Sessions</b>
Individual	\$66 (N/R \$86)	\$180 (N/R \$200)	\$280 (N/R \$300)
<b>Fitness Assessment</b>			
Individual	\$38 (N/R \$58)	-	-

## NUTRITION COUNSELING

- ✓ Meet one-on-one with a certified Dietitian/Nutritionist
- ✓ Create personalized meal plans based on your lifestyle
- ✓ Learn about weight management, disease prevention, and healthy choices

Nutritional Counseling	2 Sessions	4 Sessions	8 Sessions
Individual	\$100 (N/R \$120)	\$180 (N/R \$200)	\$345 (N/R \$365)

**Getting in shape is hard.  
You don't have to do it alone.**

## PERSONALIZED TRAINING PROVIDES:

### Direction

Setting realistic health and fitness goals specifically for YOU, and establishing benchmarks to reach those goals

### Motivation

Encouraging you to stick with your plan, and supporting you when times get tough

### Supervision

Observing, assisting, and making adjustments to ensure that you reach your goals quickly, efficiently, and safely

### Evaluation

Keeping track of your health and fitness progress

**BestLife Fitness at  
Stephen Persinger  
Recreation Center**  
3507 Kaneville Road  
Geneva, IL 60134  
630-232-4501

**BestLife Fitness at  
Sunset  
Community Center**  
710 Western Avenue  
Geneva, IL 60134  
630-232-4542

[genevaparks.org](http://genevaparks.org)

## PERSONAL TRAINING

direction > motivation > results



## NUTRITION COUNSELING

guidance > support > results



**Geneva Park District**

# MEET OUR PERSONALIZED TRAINING STAFF



**Kristin Bauder, LAT, ATC**  
BS Sports Medicine,  
AFAA Personal Trainer  
Personal Trainer

Kristin is committed to helping individuals with special exercise considerations develop programs that can be adjusted over time as they improve in strength, function, and endurance. After over 25 years in the athletic health and wellness industry, Kristin has worked the sidelines with sports teams, and has experience training clients with every need and ability level. She has a degree in Sports Medicine from North Park University, and is both a Posture and Mobility Specialist and a Brains and Balance over 60 Specialist. Kristin assists clients who include recent injury or surgical rehab patients; amputees; those with hearing loss, vision loss, or joint mobility difficulties; and seniors. Kristin enjoys teaching people to gain independence and understanding within their fitness routine, and directing their focus toward long-term goals.



**Mary Clare McNulty**  
ACE CPT, 200 CYT  
Personal Trainer  
Yoga Personal Trainer

Mary Clare has been personal training for over twenty years. She enjoys working with clients to build muscular and cardiovascular strength to improve function and general well-being. Mary Clare has been teaching yoga for 13 years and practicing for 17 years. She believes that "yoga meets you where you are" and she places an emphasis on alignment and the safety of her students. She also uses yoga as a tool for recovery from sports, working out and the daily efforts of life. Mary Clare is a certified personal trainer and group exercise instructor with the American Council on Exercise (ACE). She is a 200 hour certified yoga teacher (CYT) and is currently finishing her 500 hour certification with Prairie Yoga in Lisle, IL. In addition, Mary Clare holds a degree in sport management from National Louis University.



**Katy Winans**  
MS, LD, RDN  
Dietitian/Nutritionist

Katy is a board certified Dietitian/Nutritionist through the Academy of Nutrition and Dietetics and the State of Illinois. She has a background working in clinical nutrition and weight management with a specialty in nutrition education. Katy's interventions are

client and family-focused with an emphasis on whole food nutrition and setting achievable goals for the individual and family. Katy has a Bachelor's degree in Dietetics from Bradley University and a Master's degree in Nutrition & Dietetics from Northern Illinois University. In her years of practice as an RDN she has worked with pediatric, adult, and geriatric patients. She specializes in nutrition for diabetes prevention and management, heart health, weight management (both weight loss and weight gain), oncology, celiac disease, vegetarian eating, and those seeking overall health and wellness. Katy's hobbies include cooking, vegetable gardening, yoga and being active, musical theatre, volunteering, and spending time with her family and friends. She also loves helping clients reach their nutrition goals, and looks forward to working with the individuals and families at Geneva Park District.



**Amy Sheehan**  
W.I.T.S.  
Personal Trainer

Amy is currently responsible for heading up our New Member Orientation Program and conducts monthly fitness center orientations at both of our fitness centers. She strives to provide new members with the tools to begin their fitness journey and help familiarize them

with all of the amenities we have to help them succeed. Amy is passionate about creating fun, safe and effective exercise programs for clients of all ages. She draws on her years of experience to educate her clients on how to make small lifestyle changes and find creative ways to make time for fitness in today's busy culture. Her own journey of health, and her life experiences as a working mother of five help her to relate to her clients' desires and struggles. Through personalized, goal-orientated fitness programming, encouragement and accountability, Amy hopes her clients learn to embrace her training philosophy that fitness is a lifestyle and a journey towards achieving overall health, not just a number on the scale. Amy also holds certifications in TRX Suspension Training, Tabata Bootcamp, and Ballet Barre. She has trained for numerous races from 5Ks to half marathons, and has participated in Crossfit competitions.

**GET FIT** REAL PEOPLE. REAL RESULTS.



**Jose Parado**  
ACE  
Personal Trainer

Jose firmly believes that weight training plays an important role in one's overall fitness, and that it can benefit people of all ages. He strives to help clients optimize their time in the gym and reach their fitness goals through appropriate routines, proper form, consistency, and steady progression. Jose has been involved with fitness for over 40 years. He has studied and competed in karate, tae-kwon-do, and kung fu. He has participated in duathlons. And through it all, weight training has been a staple of his fitness regimen. Jose received his personal training certification through the American Council on Exercise.



**Lori Welu**  
ASFA  
Personal Trainer

Lori has been certified in Neta Group exercise for over 30 years and a physical therapist tech for over 20 years. She teaches senior exercise and is an MS society fitness specialist. Lori's personal training philosophy is teaching the nature of personal body mechanics while understanding the knowledge of fitness and helping you achieve your personal goals but, most importantly, having fun! Lori is married with three children and enjoys gardening and walking her three dogs.