

MEET OUR

PERSONAL TRAINERS



MICHELLE BROOKS, NASM CPT

Certified in Personal Training, Optimum Performance Training for Weight Management, and a certified TRX group suspension instructor, as well as an active Fire Fighter and

Paramedic. This mother of two has competed in several extreme, long-distance races which have helped her gain more knowledge on how the body responds to prolonged activity. Michelle's discipline, focus and determination will be evident the first time you meet her.



LARRY COLEMAN, CI-CPT

Larry, a former collegiate basketball player from Howard Payne University, received his personal training certification in 2007 and then started his fitness company COLEMAN COMPLETE FITNESS. He earned his Master Personal

Training certification in 2010 and received certifications in Dietary Guidance and Weight Management Leadership. Larry tailors his programs to fit the needs and abilities of each individual client, from the young to the young at heart.



ALYSSA CROUSE, NASM CPT & PRECISION NUTRITION LEVEL 1

Imagine spending hours upon hours a week on cardio machines and playing every sport under the sun, but never truly feeling comfortable in your

own skin. That was Alyssa 7 years ago. Then, she went to Texas Christian University and learned how important it was to balance different types of workouts and nutrition! Now, Alyssa is a Certified Personal Trainer with a Precision Nutrition Level 1 Certificate. Alyssa describes her personal training style as motivational, effective, and fun! Her dream is to help YOU set extremely clear goals, break them down, and build a plan that only leads to success!



KIM DAVIS, CI-CPT; ACE-OES; 7TH DAN TAEKWONDO, 5TH DAN HAPKIDO, BLACK BELT SENKOTIROS ARNIS

Kim enjoys working with people of all ages to help them achieve their goals and gain benefits of a healthier lifestyle. Her fitness plans are

scalable to meet the needs of the individual client. Kim's experience from over 30 years of martial arts training as a competitor and instructor is integrated with her personal fitness knowledge from The Cooper Institute™, American College of Sports Medicine, and American Council on Exercise, to design fitness programs for her diverse clientele. She is also a certified Orthopedic Exercise Specialist.



DAVID MCCARTHY MS, NASM-CPT, CES, PES, FNS

David has always had a true passion for fitness and helping others achieve goals they previously thought were unobtainable. David is a graduate from the University of Tulsa and holds a Master's Degree from California

University of Pennsylvania in Exercise Science and Rehabilitation. He also holds certifications as a personal trainer, performance enhancement specialist, and corrective exercise specialist. He describes his training style as purpose driven and always fun! David is the author of Begin with Belief - The Unbreakable Formula for Success in your Health, Fitness and Life. To top it off, David and his family are also Grapevine residents.



JAMES OLIVER, NASM CPT & NASM SENIOR FITNESS SPECIALIST

James has had a passion for health and fitness since he can remember. He specializes in Senior Fitness and considers it a pleasure to help someone in his community reach his

or her goals. James received his personal training certificate in 2015, as well as his Senior Fitness certification. James firmly believes that a healthy life is a happy one and he would be thrilled to show you the way.



CASSI REDMON, NASM CPT

While playing basketball for four years at Sterling College, Cassi received her degree in exercise science. She also holds certifications from NASM

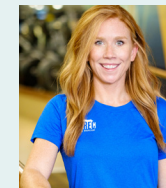
in fitness nutrition and is a weight loss specialist. Cassi believes in complete health and fitness and is passionate about creating a positive, challenging and uplifting program for everyone she encounters!



NEAL SMITH, ACSM CPT

A graduate from Oklahoma State University, Neal holds a degree in Health Promotion and is a certified Personal Trainer. While pursuing his degree at Oklahoma State, he ran cross country and

track specializing in long distance. Neal believes that utilizing a personal trainer to reach your fitness related goals will give you the positive momentum to make changes in all aspects of your life.



HANNA WEYGAND, WFA CPT

An experienced health and fitness professional, Hanna earned her Personal Trainer Certificate from the World Fitness Association. Her passion lies in

helping others see firsthand the benefits of living a healthy lifestyle. Hanna's career began as a fitness competitor as she reached national qualification through the NPC. Hanna focuses heavily on functional fitness and believes the importance of combining strength, stability, and coordination along with a positive and motivating environment have led to the success of her clients.

1/2 HOUR PERSONAL TRAINING PACKAGES

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|----------------------------|----------------------|
| 1/2 Hour Private Session | \$40 |
| Five, 1/2 Hour Sessions | \$195 (\$39/session) |
| Ten, 1/2 Hour Sessions | \$380 (\$38/session) |
| Fifteen, 1/2 Hour Sessions | \$540 (\$36/session) |
| Twenty, 1/2 Hour Sessions | \$700 (\$35/session) |

1/2 HOUR SEMI-PRIVATE (BASED ON TWO PEOPLE)

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|----------------------------|----------------------|
| 1/2 Hour Private Session | \$55 |
| Five, 1/2 Hour Sessions | \$270 (\$54/session) |
| Ten, 1/2 Hour Sessions | \$530 (\$53/session) |
| Fifteen, 1/2 Hour Sessions | \$750 (\$50/session) |
| Twenty, 1/2 Hour Sessions | \$960 (\$48/session) |

FULL HOUR PERSONAL TRAINING PACKAGES

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|--------------------------|------------------------|
| 1 Hour Private Session | \$70 |
| Five, 1 Hour Sessions | \$340 (\$68/session) |
| Ten, 1 Hour Sessions | \$680 (\$68/session) |
| Fifteen, 1 Hour Sessions | \$990 (\$66/session) |
| Twenty, 1 Hour Sessions | \$1,300 (\$65/session) |

FULL HOUR SEMI-PRIVATE (BASED ON TWO PEOPLE)

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|--------------------------|-----------------------|
| 1 Hour Private Session | \$95 |
| Five, 1 Hour Sessions | \$465 (\$93/session) |
| Ten, 1 Hour Sessions | \$930 (\$93/session) |
| Fifteen, 1 Hour Sessions | \$1365 (\$91/session) |
| Twenty, 1 Hour Sessions | \$1800 (\$90/session) |



CLIENT RECEIVES COMPLIMENTARY FITNESS ASSESSMENT
WITH THE PURCHASE OF A PERSONAL TRAINING PACKAGE