

1/2 HOUR PERSONAL TRAINING PACKAGES

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)

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

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)

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



TO SCHEDULE YOUR
APPOINTMENT CONTACT:

Jelani Hopkins
Fitness Coordinator
817.410.3934
jhopkins@grapevinetexas.gov



GoGrapevine.com



PERSONAL TRAINING

PACKAGES & TRAINERS

MEET OUR

PERSONAL TRAINERS



**MICHELLE BROOKS,
NASM CPT, NASM
NUTRITION COACH, &
MUAY THAI BOXING
INSTRUCTOR**

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

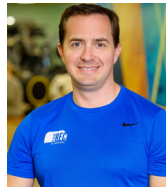
skin. That was Alyssa 7 years ago. Then, she went to Texas Christian University and learned how important it was to balance different types of workouts and nutrition! Now, Alyssa is Certified Personal Trainer and Precision Nutrition Level 1. Alyssa describes her personal training style as motivational, 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
(CPT, OES, SFS); 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 40 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. As of 2021, James is a graduate of the Elite EMT Academy. Becoming an Emergency Medical Technician has furthered his knowledge of the body and its processes. James firmly believes that a healthy life is a happy one and he would be thrilled to show you the way.



**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.



**JEFF SMITH, MS,
ACSM, EP-C;
ACSM-EXERCISE
IS MEDICINE
CREDENTIAL LEVEL II**

Jeff's experience and certifications allows him to work, not only on the fitness floors, but alongside physicians providing exercise prescriptions for patients. He also earned both his BS in Movement Science and MS in Exercise Physiology from TCU. Jeff has numerous exercise proficiencies that include strength and flexibility assessments, personalized fitness program design, sports performance training and rehabilitative exercise. He is excited to be your guide and help you every step of the way of your fitness journey. Jeff is co-founder and managing partner of Lone Star Health & Fitness.