

Personal Training Services

The Dale Howard Family Activity Center offers the services of a personal trainer, Michele Sundholm. Personal training rates are as follows:

- 1 session = \$40
- 3 sessions = \$105
- 6 sessions = \$180
- 12 sessions = \$300

Meet the trainer

Michele Sundholm holds a B.A. in health promotion management and physical education from Buena Vista University. She's a health/fitness instructor certified by the American College of Sports Medicine (ACSM) and holds a gold certification as a group fitness instructor and personal trainer from the American Council on Exercise (ACE). She is also a Johnny G Spinning instructor, a YogaFit Level 1 instructor, an Arthritis Foundation national trainer, and is certified in American Red Cross CPR.

"Personal health and wellness is more than a workout, it is to be a choice you make every day," says Michele. "There is no easy, over-the-counter solution to feeling good. A little hard work will always pay off! I'm inspired by my clients and seeing them improve and reach their goals. I love my job and enjoy the relationships I share with each person that enters the doors of this facility!"

Michele's email is sundholm4@mchsi.com.

For more information about using the services of a personal trainer, contact the Front Desk staff at the Dale Howard Family Activity Center.