

# PERSONAL TRAINING

Our mission is to provide superb training using proven techniques. Since one size does not fit all, trainers offer one-on-one and group options. Enjoy our team approach, philosophy and camaraderie as you achieve visible results.

## Our Trainer Team

- Director of Personal Training - Matthew Perdue
- Certified Trainers - Justin Miller, David Schauer, Kama Hokanson, Brooke Padilla, Sarah Meyer, Steven Menegus, Randy Ganoung, Melissa How

To schedule an appointment call 530-221-4405 or  
e-mail [transformation@sunoaks.com](mailto:transformation@sunoaks.com)

Meet with a certified trainer for an exclusive session designed to get you where you want to go! 50 mins \$65

### **Corrective Exercise**

Do you have a nagging injury or are you recovering from an accident or surgery? We can help!  
\$75—50 minutes  
\$55—30 minutes

### **Equipment Orientations**

including weight and cardio rooms, KidFit and SCC orientations—  
\$20 per person

### **Silver Sneakers Orientations**

Offered the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at Noon  
Complimentary

## **Individual Packages**

### **6 Meetings**

30 minutes—\$240  
50 minutes—\$300

### **12 Meetings**

30 minutes—\$450  
50 minutes—\$570

### **24 Meetings: 3 month EFT**

30 minutes-\$275/month  
for 3 months  
50 minutes-\$350/month  
for 3 months

## **Buddy Packages**

### **6 Meetings**

30 minutes—\$360  
50 minutes—\$450

### **12 Meetings**

30 minutes—\$675  
50 minutes—\$855

### **24 Meetings: 3 month EFT**

30 minutes-\$415/month  
for 3 months  
50 minutes-\$525/month  
for 3 months