

# Personal Training

## Private Training Prices:

### Individual Sessions

#### 30 minute sessions

1 session	4 sessions	8 sessions	12 sessions	20 sessions
\$38	\$125	\$220	\$315	\$500

#### 60 minute sessions

1 session	4 sessions	8 sessions	12 sessions	20 sessions
\$60	\$230	\$440	\$630	\$1000

### Buddy Sessions (2 clients)\*

#### 30 minute sessions

1 session	4 sessions	8 sessions	12 sessions	20 sessions
\$55	\$160	\$310	\$440	\$700

#### 60 minute sessions

1 session	4 sessions	8 sessions	12 sessions	20 sessions
\$85	\$320	\$620	\$880	\$1400

### Private Small Group (3-5 clients)\*

#### 30 minute sessions

4 sessions	8 sessions	12 sessions
\$210	\$400	\$570

#### 60 minute sessions

4 sessions	8 sessions	12 sessions
\$410	\$790	\$1130

\*All private training Buddy and Small Group prices are divided by number clients in group

## Large Group Training Prices:

### Twice a Week (6-10 clients)

#### 60 minute sessions

\$125 per month

### Three Times a Week (6-10 clients)

#### 60 minute sessions

\$175 per month



A Beaufort Memorial Program

Effective February 13, 2023



# LIFEFIT WELLNESS COACHES

**David Purser**- David is from Midway, Georgia, a small coastal town south of Savannah. After earning undergraduate and graduate degrees in Exercise Science at Georgia Southern University, he moved to Beaufort to join the LifeFit team in August 2015. David has been a certified personal trainer through the American Council on Exercise (ACE) since 2012 and an ACE Certified Medical Exercise Specialist since early 2021. He is a strong proponent of the power of exercise to prevent disease and restore good health and has experience working with a variety of populations, including clients with heart disease, diabetes, Parkinson's Disease, obesity, and osteoarthritis. David also serves as the manager of the Wellness Center and the Cardiopulmonary Rehab program.

**Sydney Boggs**- Sydney is originally from Beaufort but went to school in North Carolina, receiving her M.S. in Exercise Physiology from the University of North Carolina at Greensboro. She is an ACSM certified personal trainer with experience in a variety of backgrounds such as cardiac rehab, older adults and exercise, and injury rehabilitation, but loves the clinical side of exercise and wellness. Her training technique includes full body movements that promote both strength and aerobic gains. In her spare time, she enjoys playing soccer, hanging out with her dog, and spending time with friends and family.

**Stephen Noble**- Stephen is originally from Monroe, Georgia but has lived in Beaufort since 2014 when he was stationed at Parris Island as a Navy Hospital Corpsman. He obtained his B.S. in Sports and Health Sciences with a concentration in Exercise Science from American Military University and is a USA Track and Field Level 1 Certified Coach. Over the last four years he has helped facilitate the Beaufort Track Club and enjoys helping walkers, runners, and other clients of all ages and ability levels reach their targeted fitness goals. In his spare time, he enjoys spending time with his wife and pets, training for and competing in road races and trail ultramarathons, and cheering for his favorite Atlanta sports teams!

**Sue V. Moneymaker** - Sue V recently relocated to the Beaufort area from the Western North Carolina Mountains. With the support of her family, Sue V has been able to achieve many things in her life, both academically and in sports. She earned the title of Junior Olympic All-American in High School track & field, and the title of International Champion in collegiate track & field. Since graduation her lifelong passion for sports has translated into a passion for all things health, wellness, and fitness related. Growing up her parents instilled a keenness of leaning in their daughter, in addition to their support of her athletic endeavors. The enthusiasm to learn cultivated in her has greatly influenced Sue V's academic career. She has since received multiple different degrees, including one with a concentration in Health and Wellness. In her free time she enjoys a variety of different activities including spending time with family & friends, watching Buffalo professional sports teams, being outside, and enjoying life with her husband.

**Berenice Esquibel** - Berenice is from San Diego CA; she and her family have been living in Beaufort for the last five years. She has a Bachelor of Science in Sport Management, a Personal Trainer Certification from NASM, and Fitness Career Certification from Northern Virginia Community College. She speaks Spanish and English and has a great passion for fitness. Berenice has always been very active practicing and teaching different fitness modalities. She has also done Fitness Figure competitions in the past. Her biggest motivation to become a personal trainer and group fitness instructor comes from the satisfaction of motivating and encouraging others to being physically active in a safe and proper manner. She also seeks to educate people about the benefits of being physically active, which goes beyond of how you look on the outside. She thinks that the greatest benefits of exercise are in overall improvement in health and how good one feels after working out. Three words that can describe Berenice are disciplined, perseverant, and reliable. Berenice's greatest motivation is her family, and in her free time she enjoys traveling, outdoor activities, and spending quality time with her husband and four children.

**Gabriela Portela** - Gabi was born and raised in Beaufort, South Carolina. She grew up playing soccer and after two knee surgeries, her passion for fitness and wellness developed. She recently received her B.S. in Exercise Sports Science with a concentration in allied health and is excited to start her career at LifeFit. She enjoys Crossfit, sports, traveling, and spending time with family and friends. Her goal is to motivate others to lead a healthy life through fitness.