

Our Trainer

Paula Keck is a Certified Personal Trainer, Yoga and Fitness Instructor, with over 10 years of experience in the fitness industry. She also has received specialized training and certification in Senior Fitness through the National Institute of Health Science.

Working with a variety of clients—from youth to seniors, and from the physically fit to those in post rehab or with chronic issues such as arthritis and fibromyalgia—has given Paula a wide base of experience.

Let Paula tailor a fitness program and provide the support to help you reach beyond your current level of fitness and obtain personal success!

Make an appointment today for a no-obligation interview!



Personal Training Programs

*Let Us Help You
Turn Your Fitness
Goals Into Reality*

Suburban Health Club
9834 Co Rd 122
St. Cloud MN 56301

Tel: 320-251-3965

Whatever Your Fitness Needs, We Can Help You!

Regardless of whether you want to lose weight, build muscle, prepare for a race or increase stamina, we can develop a program that will help you maximize your results in minimal time.

You already know the obvious benefits of exercise, including reduced body weight, decreased risk of disease, lower body fat, and improved physical appearance.

However, did you know?

- As we age, our metabolism slows (about 5% every decade), primarily due to a natural loss of muscle tissue. Strength training helps increase muscle mass, which boosts your metabolism, causing you to burn more calories, even at rest.
- Strength training helps to strengthen bones. Research has found that strength training can increase spinal bone mineral density by 13% in 6 months. So strength training is a powerful tool against osteoporosis.
- Regular exercise improves cholesterol levels, decreases blood pressure and lowers your resting heart rate.
- All forms of exercise, especially flexibility training will reduce your risk of injury.

Personal Training Packages

<u>Half-Hour Sessions:</u>	<u>Mbr</u>	<u>Non-Mbr*</u>
4 Sessions.....	\$82.00.....	\$102.00
8 Sessions.....	\$150.00.....	\$190.00
12 Sessions.....	\$205.00.....	\$265.00
<u>One-Hour Sessions:</u>	<u>Mbr</u>	<u>Non-Mbr*</u>
4 Sessions.....	\$145.00.....	\$165.00
8 Sessions.....	\$270.00.....	\$310.00
12 Sessions.....	\$375.00.....	\$435.00

Prices effective 9/1/06.

*Non-Member rates include a Day Pass for each session, entitling you to use of the entire facility.



Let us design a truly customized program based on your individual needs and goals.

Your Program Will Include:

- A confidential, personal interview to determine your goals, expectations, motivation and fitness history.
- A record of your health history.
- A detailed record and analysis of your body composition, including body fat analysis and measurements.
- Evaluation of your current nutritional intake and recommendations to help you meet your fitness goals.
- Development of an efficient, customized cardiovascular, strength training and flexibility program.
- The accountability that is necessary for a fitness program to be successful.
- An endless variety of program options—including equipment free programs and programs you can take on the road with you.