



## **Personal Training @ Naz 2016- 2017**

Are you looking for a professional to get you on the right path of health and wellness? The Shults Center and Wellness@Naz are now offering personal training to the Nazareth community.

### **Details:**

The Nazareth Personal Training Program provides a unique opportunity for students, faculty and staff to work one on one with our certified personal trainers throughout a 6 or 7 week period. Our trainers will assess your current fitness level, work with you to set fitness goals, create and guide you through an exercise program and track your progress along the way. You will meet with your trainer once a week for one hour, for duration of 6-7 weeks. Our trainers will individualize each program based off your needs and interests to get you started on your way to an active lifestyle. When signing up with a trainer, please make sure that you can make the specified training time and day for the entire duration of the program.

**Fall 2016, Session A:** September 6th- October 14th

**Fall 2016, Session B:** October 17th-December 9th

**Spring 2016, Session C:** January 23th- March 10th

**Spring 2016, Session D:** March 20th- April 28th

**\*\*If you are interested in personal training @ Naz, sign-ups for Session A will be in the Shults Center on Thursday, September 1st from 12:10pm-1:10pm.\*\***

Signups for Session B, C and D will be prior to the start of those sessions.

- Available for Nazareth students, faculty and staff
- Cost - free!
- For your first session, please meet at the front of the Shults Center Fitness Center
- Please dress in sneakers and work out attire
- Please bring your Nazareth ID
- If you are interested in a locker, daily use lockers are available in the women and men locker rooms located next to the pool. You must bring your own lock if you use a daily use locker. You can also purchase a locker for the year at the Equipment Room
- Enrollment is first come, first serve. This is a free service offered exclusively to students, faculty and staff of Nazareth College of Rochester. In order to give everyone equal opportunity to work with our trainers, each student is allowed only one 6-7 week session.
- Our trainers require at least 24 hours' notice if you cannot make it to your session. After two absents without proper notice, the participant will be removed from the personal training program.

## **Meet the Trainers:**

Amy Dana - American College of Sports and Medicine (ACSM), Certified Personal Trainer (CPT)

Amy is in the Doctorate of Physical Therapy Program at Nazareth College and has a strong passion for health and fitness. She believes that living a healthy lifestyle is the best decision a person can make for themselves. Amy's goal is to help others accomplish their fitness goals in a way that is fun and enjoyable. Amy has extensive experience working with individuals seeking weight loss, improving their athletic performance or just looking to make exercise a part of their life. Amy enjoys staying active through dance, running, strength training and hiking.

Amy's Times:

Mon 12-1, 1-2, 2-3

Thurs 12:30-1:30, 1:20-2:30

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Shawn Calnan- American College of Sports and Medicine (ACSM), Certified Personal Trainer (CPT)

Shawn is currently in the Doctorate of Physical Therapy Program at Nazareth College and believes that having a healthy mind and body is the key to success. As a trainer, Shawn will customize workouts to fit each client's goals to obtain a healthier lifestyle. Using previous research and knowledge, as well as his own experiences, each program will represent a distribution of exercises that assist in weight loss, muscle building, or strength training. Shawn's goal is to create a judgement-free atmosphere for those that are less experienced, or to provide that extra push for those wishing to take their bodies to the next level.

Shawn's Times:

Mon 4:00-5:00

Tues 2:30-3:30

Thurs 2:30-3:30

Friday 10-11

11-12

12:30-1:30