

## Level 3 Trainers

### Andrew Stallworth

**Phone:** (513) 300-0768

**Email:** astallworth20@gmail.com

**Experience:** ACE and ACSM Certified Personal Trainer, Bachelors Degree in Health Administration and Physical Education, Post Graduate studies in Exercise Science at Murray State University, AFAA Cardio Kickboxing Certified Instructor, Crossfit Level 1 Certified Instructor, TRX Group Suspension Training Course Certified



### Meghan Swigart

**Phone:** (513) 202-3488

**Email:** megswigart@gmail.com

**Experience:** ISSA Certified Personal Trainer, Bachelors Degree in Biology from NKU, RYT-200 Certified Yoga Instructor, TRX Suspension Training Certified, NASM Certified Performance Enhancement Specialist

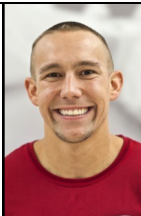


### Dan Guthrie

**Phone:** (513) 745-6261

**Email:** dguthrie@blueash.com

**Experience:** ACE Certified Personal Trainer, Associates Degree in Health and Fitness Technology from Cincinnati State, AEA Certified Aquatic Exercise Instructor, Keiser Certified Group Cycling Instructor, TRX Group Suspension Training Course Certified, Arthritis Foundation Arthritic Exercise Instructor



## General Information

One of our nationally certified personal trainers will design a specialized program and work one on one with you in order to help you attain your personal goals. First, you will need to schedule an initial consultation with the trainer of your choice. The consultation consists of a meeting in which we will establish your fitness goals, and run you through a series of assessments (wear workout clothes). Before your first "hands on" training session your personal trainer will use the information acquired during the initial consultation to design a program to help you meet your goals. The number of training sessions you purchase is dependent upon your wants and needs.

### Why hire a personal trainer?

**Safety.** Learning proper form will help keep you healthy and injury free.

**Accountability.** Simply put, if you schedule an appointment with a trainer you will be much less likely to skip a workout. Consistency is a major component to staying fit and being healthy.

**Confidence.** Learn to train without hesitation and you will leave the gym feeling energized.

**Efficiency.** No more long hours at the gym with no clue what to do. Your trainer will keep your sessions effective and efficient (this means attaining your goals quicker!).

**Customized Program Design.** A structured workout routine specific to your body and your goals.

### How do I choose the right personal trainer for me?

All of our trainers are very qualified but each one has their own unique style, approach and experience level. We have provided a bio for each trainer to help you make your decision (expanded bios can be found on [www.blueash.com](http://www.blueash.com)). When contacting a trainer, be sure to ask questions about any topics you are concerned about so that there are no surprises down the road.

## BLUE ASH RECREATION CENTER

## Personal Training



4433 Cooper Road  
Blue Ash, OH 45242  
Phone: 513-745-8550  
Fax: 513-745-8527  
Web: [www.blueash.com](http://www.blueash.com)

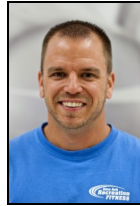
## Level 1 Trainers

### Billy Gray

**Phone:** (513) 382-6464

**Email:** billygray04@gmail.com

**Experience:** ACE Certified Personal Trainer, Bachelors Degree in Health and Physical Education from NKU, TRX Suspension Training Course Certified



### Maggie Smith

**Phone:** (513) 317-5140

**Email:** maggie88smith@gmail.com

**Experience:** ACE Certified Personal Trainer, Bachelors Degree in Exercise Science from NKU, TRX Group Suspension Training Course Certified

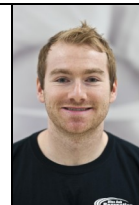


### Rod Stidham

**Phone:** (513) 205-1525

**Email:** RodStidham@gmail.com

**Experience:** ACE Certified Personal Trainer, Currently finishing a Bachelors Degree in Health Sciences/Exercise Science from University of Cincinnati



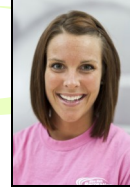
## Level 2 Trainers

### Kaitlin Smith

**Phone:** (513) 295-2818

**Email:** kaitlinsmith85@gmail.com

**Experience:** ACE Certified Personal Trainer, Bachelors Degree in Kinesiology from Indiana University, TRX Suspension Training Certified, ACE Stability Ball Training Certified

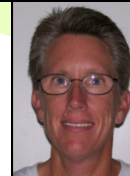


### Cyndy Self

**Phone:** (513) 236-8568

**Email:** cyndy.self@gmail.com

**Experience:** ACE Certified Personal Trainer, Bachelors Degree in Physical Education from Miami University, Crossfit Level 1 Certified Trainer



## Level 2 Trainers

### Kim Lainhart

**Phone:** (513) 300-5610

**Email:** kklainhart@hotmail.com

**Experience:** ACSM Certified Personal Trainer, TRX Group Suspension Training Course Certified, NSCA Certified

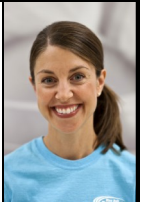


### Emily Smith

**Phone:** (513) 575-3428

**Email:** emilyleax@yahoo.com

**Experience:** ISSA Certified Personal Trainer, Bachelor of Science in Management from Purdue University, TRX Group Suspension Training Course Certified



## Fee Structure

### Level 1 Trainers

Level 1 Trainers have a nationally recognized personal training certification and are a great choice if you are looking to get back into shape.

<b>Initial Consultation</b>	<b>\$50 per individual</b>
<b>Individual</b>	<b>\$30/hr</b>
Individual ½ Hour	\$20 per ½ hour
Group (2 or more)	\$20/hr per person

### Level 2 Trainers

Level 2 Trainers have a minimum of 2 years experience training, have at least two nationally recognized certifications and have completed higher education in the form of an Associates or Bachelors Degree.

<b>Initial Consultation</b>	<b>\$50 per individual</b>
<b>Individual</b>	<b>\$40/hr</b>
Individual ½ Hour	\$25 per ½ hour
Group (2 or more)	\$25/hr per person

### Level 3 Trainers

Level 3 Trainers are our most experienced trainers. They hold a minimum of three nationally recognized certifications and have been training for no less than five years. They have also completed higher education in the form of an Associates or Bachelors Degree.

<b>Initial Consultation</b>	<b>\$50 per individual</b>
<b>Individual</b>	<b>\$50/hr</b>
Individual ½ Hour	\$30 per ½ hour
Group (2 or more)	\$30/hr per person

Visit [www.blueash.com](http://www.blueash.com) for more detailed trainer information, as well as current lists of small group training classes being offered by our training staff.