

Personal Training

Sessions	Fee
1 – 4	\$27.50/Hour
5 – 9	\$25/Hour
10 – 14	\$22.50/Hour
15 – 20+	\$20.00/Hour

Example: 4 sessions (4 hours) = \$110
20 sessions (20 hours) = \$400

Call us anytime to visit about your personal goals! 432-9236

PERSONAL TRAINERS:

- Brianna Hermans – NASM (National Academy of Sports Medicine)
 - Certified Personal Trainer
 - Corrective Exercise Specialist

My name is Brianna Hermans and I have been personal training at Unity Square for the past three years. I am originally from Georgia where I obtained a degree in Sports Management with a Physical Education minor in 2007. Growing up an athlete excelling in soccer, swimming, and cross-country I have always tried to lead an active and healthy lifestyle. In my free time I enjoy working on our farm, running, swimming, playing with my dog, or just relaxing while enjoying the outdoors. In addition to being a personal trainer at Unity, I am also co-manage the Programs. I love working with people and am always able to learn from my new experiences just as I hope others are able to learn from me!

Allison Koosmann — NASM (National Academy of Sports Medicine)
-Certified Personal Trainer
-Nutritional Consultant

I'm Allison Koosmann and I am a personal trainer at Unity Square. I live on a farm in western Minnesota. I am a person of movement and activity. My passion for the outdoors takes me camping, fishing, hunting, kayaking, biking, and running. At Crown College I obtained a double major in General and Christian Studies. I went on to the National Personal Training Institute and became a Certified Personal Fitness Trainer and Nutritional Consultant. One of the best parts of being a personal trainer is making a plan that uniquely fits an individual and then walking with and encouraging them through their fitness journey to bettering their health. I like working with people of all ages and especially when it comes to motivating them to take care of themselves through eating well and staying active.