



Personal Training

"Fitness is a lifestyle"

Are you interested in starting a fitness program designed specifically with your own personal needs and busy schedule in mind? If so, then you need a personal trainer!

Meet your Personal Trainer

Frances Polumsky

↪ American Council on Exercise
Certified personal trainer with over 20 years of experience

↪ B.S in physical education from
Boise State University

↪ Instructed-Physical Education at
Juneau Douglas High School and
currently for University of Alaska
Southeast

Certified Instructor for: Group Cycling
(Spinning), Body Pump, Group Exercise,
Strong Women, and Zumba.

Why Personal Train

Three primary reasons to have a personal trainer are education, direction and motivation.

↪ You'll learn how to achieve your goals, using an individualized program while receiving instruction and encouragement

↪ This has proven to be a successful means of achieving personal fitness goals

↪ For many people, success is possible as they are able to learn and see results while having fun!

Training Packages

Single Session: \$45

Package #1 (3 sessions)

\$40 per session = \$120 total

Package #2 (6 sessions)

\$38 per session = \$228 total

Package #3 (12 sessions)

\$36 per session = \$432 total



For appointments please call 796-6544 or visit the
UAS Recreation Center. www.uas.alaska.edu/rec