

# WHY

## PERSONAL TRAINING?

Our degreed and certified personal trainers differ from traditional physical trainers by going beyond standard expectations. While they offer motivation, accountability and safety for members, they also develop a variety of customized workouts to keep you excited about your personalized wellness plan.

## OUR MISSION

To provide a comprehensive experience for the client that meets all of their needs and challenges them to do more! Our approach and program design will be appropriate and unique to each client creating an environment and value unmatched anywhere else!

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# SERVICE FEES

## Personal Training Packages

60  
MINUTE

### Single Session

Member \$60  
Non-Member \$70

### 6 Sessions

Member \$315  
Non-Member \$385

### 12 Sessions

Member \$600  
Non-Member \$735

### Single Session

Member \$40  
Non-Member \$50

### 6 Sessions

Member \$210  
Non-Member \$280

### 12 Sessions

Member \$400  
Non-Member \$540

30  
MINUTE

## Small Group Training

For 2 - 6 individuals. All sessions are 60 minutes.

### 6 Sessions

Member \$225  
Non-Member \$295

WE BELIEVE THE JOURNEY TO  
WELLNESS IS BEST WHEN TRAVELED  
TOGETHER.

# PERSONAL TRAINING PROGRAMS



SEQUOIA  
WELLNESS

START  
YOUR  
JOURNEY  
TODAY!



# MEET OUR TRAINERS



## Chase Leonelli

Chase discovered his interest in health and wellness after playing 15 years of competitive ice hockey. He is a Certified Exercise Physiologist through the American College of Sports Medicine and earned his Bachelor's degree in Human Performance and Exercise Science, from Youngstown State University in 2017. He enjoys working with people of all ages and abilities to help them achieve any health and wellness goals they may have.



## Maureen Rude

Maureen is a Certified Personal Trainer, through the American College of Sports Medicine. She is extremely enthusiastic about health and wellness and the importance of physical activity. Her belief that the body needs physical activity, not only for positive physical change, but also for positive mental change, drove her to study Exercise Science at Walsh University. Keeping others motivated and accountable for their wellness journey allows her to continue learning and developing her skills so that she can become the best trainer for her clients. Maureen focuses on individualized workouts for her clients at all fitness levels.



## Dena Herceg

Dena is a Certified Personal Trainer and Group Fitness Instructor through the American Council on Exercise. She is also a Certified Aquatic Instructor through FiTour. Dena's passion is working with people in need of motivation and achieving total fitness through hard work and healthy living. She loves working with groups and also looks forward to working with people on an individual basis to reach fitness goals. Her 20 years of experience in the fitness field speaks for itself – dedication, hard work and enthusiasm has kept her at the top of her game.

**OUR FITNESS COACHES  
ARE DEDICATED TO  
HELPING YOU REALIZE  
YOUR POTENTIAL!**



## Tiana Nicopolis

Tiana graduated from Youngstown State University with a bachelor's degree in Exercise Science and has obtained her ACSM Exercise Physiologist certification. Tiana has always had a passion for fitness from playing volleyball and running track to competing in bodybuilding competitions. Her high school strength and conditioning coach had a huge impact on her decision to become a personal trainer. She aspires to make a difference in people's lives like her coach did for her. Tiana believes there isn't a one size fits all program and will personalize each program specific to you and your goals. She loves what she does and can't wait to help as many people as she can on their fitness journey

## GET RESULTS



## Emily Plocinik

Emily began her fitness journey in 2015 at the Sequoia pool. She needed to lose weight in a low impact but high intensity environment. Aquatics classes fit those needs and helped her start her weight loss journey. After building strength in the pool, Emily started to incorporate dry land training into her routine and eventually began seeing a personal trainer. Having sparked an interest in exercise instruction, she became certified to teach aquatic and cycling classes through FiTour. Emily furthered her aquatics credentials by becoming certified through Aquatic Exercise Association (AEA), the gold standard of the aquatics fitness industry. Emily has had to overcome several significant injuries throughout her life and understands the critical importance of proper form and safety. She can help you achieve your fitness goals in the pool.

## REACH YOUR GOALS



## Tom Ewing

Tom is a United States Navy Veteran that served for 11 years. After serving his country, Tom knew how important it is to be fit and healthy so he decided to pursue a degree in Exercise Science. In the spring of 2016 Tom graduated from The University of Akron with his Bachelor's degree. Tom has received his Certified Personal Trainer through the American College of Sports Medicine. His next step is to become a Certified Strength & Conditioning Specialist.

**YEARS OF EXPERIENCE**

