

Personal Training 2010



Type of training	Member	Non-Member
50 minute private	\$70	\$80
50 min. semi-private	\$50	\$55
25 minute private	\$50	\$55

Series	Lessons	Member	Non-Member
50 min. private	6	\$400	\$440
50 min. private	10	\$630	\$695
50 m semi-private	6	\$285	\$315
50 m. semi-private	10	\$450	\$495

* To avoid a charge, cancellations must be made 24 hours prior to your appointment.

Get in shape NOW!!!
Let us help you achieve your goals while meeting your individual needs.

Personal Training and Fitness Coaching provide a great way to get a workout started or to take your current workout to the next level. Our Staff is here to meet your specific physical and scheduling needs. Our trainers bring with them the expertise and experience to help insure a safe program and are qualified to train at all levels, from the beginner to the seasoned athlete.

Make an appointment today!
Contact us at 650-364-6272

Visit our website at: www.peninsulacommunitycenter.com



PCC Trainers

Jennifer Griffin

FITNESS IS A WAY OF LIFE THAT CAN EMPOWER ONE PHYSICALLY AND MENTALLY



Jennifer is a Certified Personal Trainer through NSCA and has been working in the area since 2001. She also has 4 years of experience in the field of Physical Therapy. Jennifer has competed as a top age-group triathlete, ultramarathon runner and is a three time Ironman finisher. With her experience as an athlete and knowledge of body mechanics, Jennifer can design a safe and effective program to help you reach your fitness goals.

Special Areas of Expertise:

Sports Performance & Conditioning, Strength & Flexibility, Injury Prevention & Rehabilitation

Debby Stimmler-Coupland

**EXCELLENCE IN PERSONAL TRAINING -
FITNESS IS THE KEY TO QUALITY OF LIFE!**



If you have health and fitness, you have the ability to jump forward in everything you do. Take every workout like it is your gold medal challenge. My goal as a Personal Trainer is to design, build and innovate exercise programs for all populations. I strive to educate all of my personal training clients as I believe KNOWLEDGE IS POWER! FEEL THE POWER!

Special Areas of Expertise:

Strength and Endurance, PiYo, Aqua and Sport Specific Training.

Monique Story

A FRIENDLY FACE TO IMPROVE YOUR SHAPE



Monique has her SCW and AFAA certification. She has enjoyed working at PCCC for the past five years and has grown to love this community. She is passionate about helping people with fitness and nutrition. In addition to Personal Training, she has served our members at the Front Desk, teaches Pilates, and gives orientations in our Weight Room. Monique can help you plan a well-rounded fitness program by combining weight training, cardio, Pilates, and stretching. Let her assist you in improving your overall health and well-being.

Special Areas of Expertise:

Strength and Flexibility Training, Pilates, Yoga, and Nutrition