



## **Brittany Beach**

Prior to joining the Whole Body Fitness Team, Brittany has always had a passion for fitness. After training with Lisa for over a year she decided to make that passion her career. Nothing could be more rewarding then helping others to obtain their fitness goals. She can relate first hand to business professionals when it comes to reaching those goals while having a full time career. She worked for many years in the automobile industry working long hours and having to balance the never ending struggle between succeeding in fitness and excelling in the ever so demanding business environment.

In the last six months Brittany started the Irvine Valley College Fitness Specialist Certification Program and plans to have it completed by late 2010. Also, she is overseeing and instructing the new Whole Body Fitness Group Outdoor Exercise Program coming back to the Newport Dunes launching in the New Year. She took on the program because it is a great way to diversify workout regimens that offer a variety of cardiovascular, weight training and endurance to target the full body. She is energetic, loves working with others and looks forward to assisting others in building a better, stronger, more fit lifestyle. Brittany will strive to make certain that her clients reach those New Years resolutions and continue to succeed well into the future!



Applied Kinesiology through Irvine Valley College course completed November 2009



ACE Certification  
March 2010



Adult, Child and Infant CPR and First Aid certified Jan 5<sup>th</sup> 2010 through American Red Cross



*Together, we can save a life*



The Health & Fitness Source  
[www.ideafit.com](http://www.ideafit.com)  
Member since 2010

## **Fitness Certifications and Education**

- ACE Personal Trainer Certification – March 2010
- TRX Suspension Training Certification – February 2010
- Healthy Moms Certification in Perinatal Fitness and Wellness – Pending
- ACE Lifestyle & Weight Management Consultant Certification – Pending
- Irvine Valley College Fitness Specialist Program – Pending

## **One-on-One Private Training**

**60 Minute Private Sessions**, hourly rate: **\$75.00**

Suggested One-on-One Package Specials			
Packages	Hourly Rate	Savings	Prices
6 sessions	\$65	\$60	\$390.00
10 sessions	\$60	\$150	\$600.00
16 sessions*	\$55	\$320	\$880.00
20 sessions*	\$50	\$500	\$1000.00

*Payments due at time of service. Discounts apply only to packages paid in advance.*

## **Partner or Couples Training**

**60 Minute Shared Sessions** – 2 people, hourly rate: **\$100.00**

Suggested Partner Training Package Specials				
<i>Package rates are based on 2 people training together</i>				
Packages	Hourly Rate	Rate per Person	Savings	Prices
6 sessions	\$80	\$40	\$60	\$480.00
10 sessions	\$74	\$37	\$160	\$740.00
16 sessions*	\$70	\$35	\$320	\$1120.00

*Payments due at time of service. Discounts apply only to packages paid in advance.*

### **\*Included with the purchase of any training package sessions**

#### ***Fitness Consultation & Personalized Program Design***

- Learn about your lifestyle such as weight history, eating & exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective "fitness program" that is conceivable and achievable based on your fitness levels & is valuable and functional for you to do.
- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by [Fitness Wave](http://www.getdunked.com) with 6 page detailed analysis. [www.getdunked.com](http://www.getdunked.com). Whole Body Fitness will pay for 1 body fat composition test (clients over 16 years old) for personal training or Lifestyle Weight Management Program per 12-month period.

**Offsite Training at your home or corporate gym \$100.00\***

This rate is subject to distance traveled to your gym. Hourly rate based on one-on-one single sessions. \*Rates inclusive of travel time within a 10-mile radius.

Suggested One-on-One Package Specials		
Packages	Hourly Rate	Prices
10 sessions	\$90	\$900.00
16 sessions	\$85	\$1360.00
20 sessions*	\$80	\$1600.00

*Payments are due at time of service. Discounts apply only to packages paid in advance.*

**Whole Body Fitness**  
**Providing Excellent Personal Fitness Training and Nutrition**  
**Services in Orange County since 1999**

**Whole Body Fitness offers a variety of services that include:**

- Personal Fitness Training
- In-Home or Offsite Training
- Lifestyle Weight Management
- Pre & Post-Natal Fitness
- Teen Fitness



**For complete details on all services and prices please visit our website at**  
**[www.wholebodyfitness.biz](http://www.wholebodyfitness.biz)**