



Personal Training at Alderbrook Resort and Spa

Fit for Today with Marnie

One hour personal training session with Marnie includes:

One on one consultation regarding current fitness level

Individualized fitness prescription

45 minute workout based on fitness prescription

\$125.00 per hour

Please call the Spa at Alderbrook at 360-898-5520 to make an appointment with Marnie and begin your Fit for Today program.

Your personal trainer Marnie Dominy, M.S. Exercise Physiology, is an author, speaker, weight loss coach, fitness instructor, and professor of health science and personal wellness. She is a leading authority on what it takes to lose weight and attain wellness.