



**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.**