

Personal Training

A certified personal trainer can help you sift through health and fitness information and provide on-going motivation. DCRC annual pass holders may use a personal trainer from a list of sanctioned trainers.

- Select a Personal Trainer from the list of trainers (see below). The list of trainers includes a short bio that describes the trainers' education, experience, and contact information.
- Contact a personal trainer prior to purchasing a personal training pass to determine the trainer's availability and to ask him/her any questions.
- After contacting your desired trainer, you can purchase a personal training pass from the front desk. For price listings please see the flier below or the listings in the Activities Brochure.



John Katsares - 614-296-0563

katsares.1@osu.edu

Availability

Mon - Fri 5:30am-noon and Sat 8:00am-12:00pm

Education

B.S. in Physical Education, The Ohio State University.

Certifications

CSCS (NSCA), USAW Senior Level weightlifting coach

Experience

Head Strength and Conditioning Coach at CSCC, Instructor for Sports and Fitness Management at CSCC, Head Strength and Conditioning Coach at St. Charles Pres School, Presenter for Drug Awareness Program "Drugs in Sports, the Losing Game", Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, USAW Senior Level Weightlifting Coach, 13 Years Personal Experience, Personal Training Coordinator for OSU Rec. Sports, World Instructor Training Schools Instructor.



Jody Henley - 614-738-0715

jody@balanced-fit.com

Availability

Mon-Fri 9:00am-3:00pm

Education

B.S. in Business Administration, The Ohio State University

Certifications

ACE Certified Personal Trainer, Adult/Child/Infant CPR/AED Certified (First Aid American Red Cross), Exercise for Older Adults Certificate of Achievement

Experience

(2006 - Present) Dublin Community Recreation Center, personal training and TRX Group Fitness Classes

Specialties

General Fitness training for women and couples ages 20+. As a mother of 3 daughters, she enjoys helping women of all ages benefit from strength training as a part of a healthy lifestyle. Experience training pregnant and post-partum clients. Available for Individual and Small Group training.



Matt Wheat - 614-917-3412

mwheat80@hotmail.com

Availability

Mon-Fri 5:30am-noon/3:00pm-7:00pm and Sat 8:00am-noon

Education

B.S. in Exercise Science, Miami University

Certifications

ACE Certified Personal Trainer

Experience

Fitness Consultant, Specialized in beginner-level exercise programming, assessment and fitness testing—DCRC, Assistant Strength and Conditioning Coach at Fairfield High School, Player-Trainer Pre- and Post- Test Assessment, Ignition Athletic Performance Group, Sports Injury Liaison to athletic trainers at Beacon Orthopedics and Sports Medicine

Specialties

General fitness training for all ages and fitness levels. Sport-specific strength, speed, and agility training. Available for individual and small group fitness training.



Jennifer Alexander - 614-323-4338

jalex@columbus.rr.com

Availability

Mon 6:30am-noon and Wed/Fri 8:00am-noon

Education

A.S. in Sports and Fitness management, Columbus State Community College; A.A. in Exercise and Sports Science, University of Florida; B.A. in Organizational Management.

Certifications

ACD Certified Personal Trainer since 1996, Adult/Child First Aid and CPR/AED (American Red Cross), Merit Badge Counselor for Boy Scouts of America.

Experience

DCRC Personal Trainer since 1996. Available for Individual or Group personal training. Strength and conditioning instructor for a variety of classes including beginner and advanced weight training, golf conditioning, and senior strength. Specializes in post-rehab exercise, health counseling, and goal setting for all ages and levels.



Jennifer Allen - 614-738-1781

jen83allen@yahoo.com

Availability

Tue-Fri 5:30am - 7:00am, Sun 10:00am - 6:00pm, and Wed after 6:30pm

Education

B.S. in Health Promotion, Bowling Green State University

Certifications

NSCA Certifies Personal Trainer, ACE Certifies Indoor

Cycling Instructor

Experience

Corporate Fitness Specialist for Honda of America's Watson Wellness Center, "The Winning Weigh" Weight Loss Program Instructor, Wellness Educator/Exercise Specialist for Wood County Hospital, 10 years experience with distance running, Fitness Assessor/Consultant at FitWell.

Specialties

Individualized training for all ages and fitness levels. Goal-specific training for weight loss, strength and/or cardiovascular endurance. She uses a variety of equipment and training techniques to keep workouts consistently *inconsistent*, challenging, and enjoyable. Available for group or one-on-one training.



Aaron Petrosino - 614-376-2240

aaron@leanbodysolutions.com

Availability

Mon-Thu 8:00am-7:00pm and Fri 8:00am-5:00pm

Education

A.A.S. in Exercise Science at Columbus State Community College

Certifications

Ohio State University certified personal trainer (W.I.T.S.), certified EMT & Fire Fighter Level II, CPR/AED, Apex certified nutrition coach.

Experience

Personal training at Powell Fitness, The Basic Body, and Lifestyle Family Fitness. Experience with competitive power lifting, fitness assessments, and coaching wrestling (Dublin Coffman High School)

Specialties

Assisting anyone who desires to reach their fitness goal while promoting motivation, intensity, persistence, consistency, and a healthy diet. Specializes in martial arts/self defense, body building/power lifting, sports specific training, weight loss, and youth fitness.

Using a Personal Training Pass

1. Select a personal trainer from the list of trainers (see reverse). Contact the personal trainer prior to purchasing a personal training pass.
2. Purchase a personal training pass at the front desk. All pass payments must be paid in full before starting personal training sessions. Do not make any payments directly to the personal trainer.
3. To use your personal training pass, check in at the fitness desk before each session begins. The trainer or fitness attendant will subtract a session from you pass. It is important to check-in as payment to your trainer is generated from the check-in report.
4. 1 session passes expire in 30 days, 8 and 12 session passes expire in 60 days, and 30 session passes expire in 90 days.
5. Personal training passes are non-refundable and non-transferable.

Single person, 1-hour sessions:

1-session pass	\$50
8-session pass	\$360 (\$45/session)
12-session pass	\$510 (\$42.50/session)
30-session pass	\$1200 (\$40/session)

Single person, ½-hour sessions:

1-session pass	\$30
8-session pass	\$220 (\$27.50/session)
12-session pass	\$300 (\$25/session)
30-session pass	\$675 (\$22.50/session)

Two person, 1-hour sessions:

1-session pass	\$30
8-session pass	\$220 (\$27.50/session)
12-session pass	\$300 (\$25/session)
30-session pass	\$675 (\$22.50/session)

Two person, ½-hour sessions:

1-session pass	\$20
8-session pass	\$150 (\$18.75/session)
12-session pass	\$207 (\$17.25/session)
30-session pass	\$480 (\$16/session)

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NEW 3-SESSION PERSONAL TRAINING PROGRAM

3 (45-MINUTE) PERSONAL TRAINING SESSIONS
Performed by Certified DCRC Personal Trainer of Your Choice

FREE BOD POD ASSESSMENT (\$25 VALUE)
Performed by DCRC Fitness Staff

COST: \$135

*Contact with personal trainer required prior to registration