
Deb Costello
AFAA Certified Personal Trainer
AFAA Certified Fitness Instructor
Instructor Supervisor
Program Coordinator

Home phone: 402-264-4335
Cell: 402-890-0118
Email: prcdjc@windstream.net

CMH Fitness Plus
1579 Midland
Syracuse, NE
269-7589

All sessions are booked and payable through CMH Fitness Plus.

When multiple sessions are purchased, all sessions are due and payable at the time of scheduling. All payments are non-refundable.

Cancellation of sessions requires a 24-hour notice and can be re-scheduled for a later time within the expiration period. If a family emergency or personal injury arises, Deb will work with you to re-schedule sessions on a case-by-case basis.

Deb is available to schedule sessions with a client Monday through Friday from 6 a.m. to 8:00 p.m. except during the times that she is teaching group classes. And Saturdays 6 a.m.—5:00 p.m. Ask the Front Desk staff for details of her group class schedule.

If you have a “workout buddy” or friend, Deb is willing to schedule 2 people for the same workout session which gives you and your buddy a chance to split the cost of each session. However, because all consultations are private and must be scheduled separately, the mandatory initial consultation for new clients is free for one of the clients only, the other will be charged the full rate of \$40. (May choose to split this cost with your buddy.)

Why a personal trainer?

As a personal trainer, Deb will provide you with valuable information on health, wellness and fitness. She will design a personal fitness program to meet your individual needs. She will make sure you are performing every exercise safely and correctly with proper form and technique. You can be assured that you're getting quality professional advice regarding your personal exercise program.

She will also provide you with plenty of ongoing motivation by progressing your program over time, pushing you to work harder or simply offering words of encouragement without the “in-your-face” negativity. With Deb helping you to succeed, you'll stay motivated and achieve your goals.

Meeting your health and fitness goals does not mean endless hours at the fitness center. Deb can design a time-efficient and effective workout program that will give you results but still fit into your busy life-style.

Deb will help you set obtainable and measurable goals which is essential to achieving your health and fitness potential. Consult with Deb to see how she can help you assess your short and long-term fitness goals.

Personal training is an investment in your future health and fitness.

Certified Personal Trainer Services

***Where your fitness
comes first.***



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Personal Trainer Services

CMH Fitness Plus is pleased to announce a new service available for members and non-members:

PERSONAL TRAINER Services with Certified Personal Trainer Deb Costello.

Deb has been in the fitness arena since 1992, and has been employed by Fitness Plus since 1999. In addition to her years of experience, she is nationally tested and certified as a fitness instructor and personal trainer through AFAA - Aerobics Fitness Association of America. She continues to study and stay informed of the latest trends in health and fitness.

Deb's mission is to help each client meet his or her health and fitness goals. Whether you are a long-time workout-warrior or just starting to exercise, Deb will get you results.

Deb is experienced in teaching all ages and fitness levels, including children, seniors and special populations.

Call today and schedule a session with Personal Trainer Deb Costello.



Personal Trainer Rates

Initial session for new clients is an hour-long consultation with Deb which includes a medical history for health screening and risk appraisal, plus physical assessments of body composition, cardio-respiratory endurance level, muscle strength and flexibility. This mandatory first session is free with the purchase of at least one additional 60-minute session. Full payment of any session is due at time of scheduling. Sessions may be re-scheduled with Deb at any time to accommodate unforeseen circumstances.

Training Packages

These packages are useful for the client seeking direction in beginning a new program or maintaining an already existing program without making a longer commitment. 60-minute sessions and 30-minute sessions are available. Any session that is between 60 and 30 minutes is priced at the hourly rate.

MEMBER RATES

# of Sessions	Expiration	Hourly Rate	30-min. Rate	Payment Due at Booking
Single	30 days	\$40/Session	\$25/30 minutes **	1 session X rate
2 -5	30 days	\$35/Session	\$20/30 minutes **	# of sessions X rate
6 or more	60 days	\$30/Session	\$17/30 minutes **	# of sessions X rate

NON-MEMBER RATES *

# of Sessions	Expiration	Hourly Rate	30-min. Rate **	Payment Due at Booking
Single	30 days	\$45/Session	\$30/30 minutes **	1 Session X rate
2 -9	30 days	\$40/Session	\$25/30 minutes **	# of sessions X rate
10+	60 days	\$35/Session	\$22/30 minutes **	# of sessions X rate

*These rates include a day pass to use the facility for the day each time the client comes in for a session.

**30-minute sessions are subject to schedule limitations. Ask for details.