



Personal Trainers

Michelle Codding

Michelle is certified through ACE and NASM. She also holds certificates in Mat Pilates and Reformer 1. Michelle enjoys training clients of all ages and fitness levels. Contact Michelle at (707) 521- 2470 michellec@airportclub.com

Anna Miller

Anna is a certified Pilates Trainer. She holds Reformer and Mat certifications from The Pilates Coach, which focuses on teaching Pilates for every body type and athletic background. Anna likes to challenge clients to achieve their fitness goals and believes exercises for the client's interests and hobbies should be integrated into the training program. She holds a B.A. in Psychology from Sierra Nevada College. In her spare time she enjoys most outdoor activities including hiking, snowboarding, and rock climbing. Contact Anna at (707) 521-2480 annam@airportclub.com

Gwen Miller

Gwen is certified through the C.H.E.K. Institute as a High Performance Exercise Kinesiologist and Holistic Lifestyle Coach. She specializes in restoring alignment and balance to the body. Gwen also teaches Pilates and Hatha Yoga and is a member of the International Association of Yoga Therapists. Contact Gwen at (707) 521-2477 gwenm@airportclub.com

Linda Illsley

Linda Illsley has been a Group Exercise Instructor at The Airport Health Club since 1993. She is an ACE certified Personal Trainer. Linda is also a certified Pilates Instructor and Trainer with the Physical Mind Institute and an Aquatic Exercise Association Instructor. Her training includes a Masters certification with the International Inline Skating Association. Contact Linda at (707) 521-2469 lindai@airportclub.com

Contact any of our Personal Trainers to set up your own sessions or the Fitness Director, Dustin Davis at (707) 521-2491 and he can help you select the most appropriate trainer for your needs.



Training Fees

30-Minute Private Sessions:

1/2 hour private session	\$36.50
6 1/2 hour private sessions	\$209.00
12 1/2 hour private sessions	\$387.00

One Hour Private Sessions:

1 hour private session	\$58.50
4 private sessions	\$212.00
8 private sessions	\$396.00
12 private sessions	\$562.00
16 private sessions	\$716.00
20 private sessions	\$865.00

Semi-Private Sessions (2 people):

1/2 hour semi-private session	\$29.50
1 hour semi-private session	\$49.50
4 semi-private sessions	\$172.50
8 semi-private sessions	\$320.00
12 semi-private sessions	\$450.00
16 semi-private sessions	\$572.00
20 semi-private sessions	\$690.00

**Price is per person

Team Training

Our fitness trainers are experienced in how to maximize your workout in a group. Our teams range from a minimum of three to a maximum of eight participants. Have fun, work out and meet new people.

Team Training (3-8 people):

1 hour session	\$24.00
45-minute session	\$19.00
1/2 hour session	\$13.00

**Price is per person.

Fitness Assessments

Find out your cardio respiratory fitness, muscle strength, flexibility and body fat percentage utilizing the state of the art Polar BodyAge technology. Postural assessments are also available. Please see the assessment brochure for more details. To schedule your assessment today contact Dustin Davis (707) 521-2491 or the trainer of your choice.

www.airportclub.com



Personal Training

Expert coaching and motivation...



Airport Health Club

432 Aviation Boulevard, Santa Rosa, CA 95403



Personal Trainers

Meet Our Professional Staff

Dustin Davis.

Fitness and Wellness Director

Dustin holds a BA in History from Sonoma State University. Dustin holds multiple fitness certifications including NASM, NASM PES, AFFA and NCSF. He has a strong background in athletics and played Football in college. A youth sports coach for the past ten years, he currently coaches Football at Windsor High School. In his free time he enjoys surfing, snowboarding, MMA, hunting and mountain biking. (707) 521-2491 dustind@airportclub.com

Anna Guhin

Spinning Coordinator

A Lifetime Certified Spinning Instructor and ACSM-certified personal trainer, Anna began her fitness career in 1995, teaching and coaching martial arts, after receiving her black belt in Tae Kwon Do. Inspired by the transformational nature of fitness coaching, she went on to pursue certifications in group exercise, personal training, Spinning, Pilates and yoga. Anna specializes in personalized yoga training. Contact Anna at (707) 521-2457 or annag@airportclub.com

Gia Blackwell

Gia has 25 years experience personal training. She has been ACE certified since 1993 and holds an AA degree in communications from the SRJC. Gia has been playing and coaching women's basketball and is presently competing as a master's powerlifter. She has a soft spot for teenagers and people over 60 yrs young. Gia specializes in 30 minute sessions, AKA "the hit it and quit it." Contact Gia (707) 521-2476 or giab@airportclub.com

Anne Henderson

Anne holds a B.S. in Behavioral Science and Health from the University of Utah. She is a certified Personal Trainer and Kickboxing Instructor through AFAA (Aerobic and Fitness Association of America) Contact Anne at (707) 521- 2439 or anneh@airportclub.com

Mary Terbush

Mary is a certified Personal Trainer, a Weight Watcher's leader and a Nutrition and Lifestyle Coach from the C.H.E.K. Institute. You can contact Mary at (707) 521-2463 or maryt@airportclub.com

Shaina Shelton

Shaina is certified through Physicalmind Institute, Balanced Body University, and Aerobics and Fitness Association of America. She is a certified Pilates Instructor and Personal Trainer. While pursuing a ballet career, Shaina injured herself and started Pilates as part of her physical therapy recovery program. She fell in love with Pilates and has been practicing ever since. Shaina enjoys working with a wide variety of clients of all ages and all fitness levels. Contact Shaina at (70) 521-2464 shainas@airportclub.com

Brendon Hampton

Brendon has a B.A. in Human Performance and Sport with concentration in Exercise Science from New Mexico Highlands University. He played baseball at Santa Rosa J.C. and NMHU receiving All-Conference recognition. Brendon is now an Assistant Baseball Coach at Santa Rosa J.C. specializing in hitting, body conditioning, and speed training. Contact Brendon at (707) 521-2438 or brendonh@airportclub.com

Paula Bellagio

Paula has an extensive background in children's fitness. She holds certifications through ISSA and NASM, and has two years experience teaching group exercise classes. She enjoys helping members get comfortable with the gym environment while developing safe and effective exercise programs for them. Contact Paula at (707) 521-2472 or paulab@airportclub.com

Jordan Smith

Jordan holds a B.H.K in Exercise Science and Health & Fitness from the University of British Columbia. He is certified as a Strength and Conditioning Specialist through the NSCA. Jordan specializes in sports conditioning, functional training for weight loss, and enjoys working with older populations. Jordan enjoys playing ice hockey, tennis and hiking in his spare time. Contact Jordan at (707) 521-2459 jordans@airportclub.com

Dahdri McCormick

Dahdri has a B.S. in Food Science and Nutrition from San Diego State University. Dahdri holds certifications in Personal Training, Group Exercise, Aquatic Fitness and Pilates Training. She specializes in functional core stabilization training and is the creator of the Fitcore and Hardcore programs we offer at the Airport Club. Contact Dahdri at (707) 521-2449 dahdrim@airportclub.com

Jack Dixon

Jack has been a Certified Personal Trainer and Nutrition Consultant since 1993, and a tremendous asset to the Airport Health Club since 1991. Jack continually expands his knowledge in the fitness industry by attending lectures, conferences and workshops. Jack enjoys the challenges of rock climbing, running, mountain biking and most outdoor activities. Contact Jack at (707) 521-2460 jackd@airportclub.com

Sonny Garza

Sonny holds a B.S. in Kinesiology and Adapted Physical Education from Sonoma State University. He is a certified Personal Trainer. He specializes in sports performance training. Sonny has over 30 years experience teaching baseball skill to young children. Contact Sonny at (707) 521-2479 sonnyg@airportclub.com

Sue Freyer

Sue is a certified Personal Trainer, Group Exercise and Spinning Instructor. She welcomes people of all ages, shapes and sizes who would like a little motivation and education to help them feel fit and healthy. She is an outdoor enthusiast, a recreational triathlete, ultra distance runner, cyclist and mother of three. Contact Sue (707) 521-2467 suef@airportclub.com

Michael Melchor

Michael has been a Personal Trainer since graduating from U.C Santa Barbara in 2004. He holds multiple nationally recognized certificates including NASM, AFAA and ACE, and specializes in post-rehabilitative and preventative exercise programming. Michael likes to spend his free time reading and attending seminars to further his career. During the summer months he enjoys backpacking, hiking and almost any activity that is in or around water. Contact Michael at (707) 521-2463 michaelm@airportclub.com