

# Personal Trainer Amy Mason



**Biography:** I was raised in the South and while sports are an ever present reality, everyday fitness and healthy living are not. The outgoing, healthy and fit lifestyles of the Northwest are what inspire me and what I love about

Portland. I earned a fitness technology certificate at Portland Community College as well as finishing an associate degree in general studies. The program taught me leadership in group settings, how to build personalized programs that encompass the main components of fitness, solidified my knowledge of safe weight training, and prepared me to assess each client individually based on their specific needs and goals. In addition to the certificate from PCC, I am certified in first aid through the Red Cross, as well as Tai Chi for better balance, and water fitness through Portland Parks and Recreation.

**Philosophy:** I feel that fitness is for anyone at any age and look forward to sharing with others. I understand that we all have our own unique levels of fitness. What I find awesome is seeing people discover a new facet to their own routine. Perhaps that is a new activity, or a new move, or just an extra rep. I love this journey and want to share and guide others in a safe and fun way.

### Certification/Training:

- Associate Degree & Fitness technology certificate
- Tai Chi for better balance
- Water fitness

**To schedule an appointment call 503.823.2840**  
SouthwestCommunityCenter6820SW45thAVE,Portland,OR97219

## Personal Program Orientation

We strongly recommend this program to everyone planning to use the Fitness Center. We will show you how to use all of the cardio equipment, and devise a safe, effective weight training routine personalized to your body type and fitness goals.

FEE: \$45 for one 1hr session

## Personal Training

Would you build a house without a blueprint? Of course not! So why would you try to construct the body you desire without a professional plan? Personal training gives you the opportunity to find real, achievable goals and to meet those goals in a safe and timely manner. Our excellent training staff will motivate you to make a fresh start, and reach new levels in your fitness.

FEE: \$45 for one 1hr session  
\$115 for three 1hr sessions  
\$210 for six 1hr sessions

## Free Body Fat Testing

What's your body fat ratio? Curious fitness enthusiasts can find out, with a body caliper reading from one of our trained technicians.

## Group Personal Training

Get your body looking great, and do it with friends! We offer group personal training sessions for up to four people at a time. Sessions are one hour long.

FEE: \$30 each for 2 people  
\$20 each for 3 people  
\$15 each for 4 people

Thank you for choosing SWCC's Fitness Center to promote your physical and mental well being!