



Personal Trainer Gail Nelson



Biography: I have had an interest in physical activity, wellness and nutrition for as long as I can remember. That interest led me to pursue a degree in dietetics with a Master's in Public Health. After working in the field of public health for many years, I decided that I wanted to work more

directly with people, so I attended Portland Community College to study exercise and fitness and earn the American College of Sports Medicine personal trainer certification. Wanting to deepen my understanding of anatomy and body alignment, I recently completed a yoga certification program. At SWCC I enjoy working individually with people in personal training sessions, teaching group exercise classes, and teaching yoga.

Philosophy: A well-designed physical activity program should improve well-being and quality of life. I strive to create balanced, individualized programs for each person that I work with based on their unique goals, history, and interests. A typical program can include work on strength, balance, flexibility, and cardiovascular fitness.

Certification/Training:

- ACSM Certified Personal Trainer
- RYT-200 (Registered Yoga Teacher)
- Certificate in Fitness Technology, PCC
- Exercise and Functional Training for Older Adults Certificate Program, IDEA
- Wellcoach training, Wellcoaches International
- Registered Dietitian Nutritionist
- B.S. Nutrition, Purdue University
- M.P.H., University of North Carolina

To schedule an appointment call 503.823.2846

Southwest Community Center • 6820 SW 45th AVE,
Portland, OR 97219

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!

