

Receive free orientation and assessment with--

Lincoln Smith, Head Fitness
Recreation Technician



Email: lincolns@tacomaparks.com

Phone: (253) 404-3907

CERTIFICATIONS

Cross Fit Kettlebell 1
Cross Fit Kettlebell 2
Cross Fit Football
Cross Fit Level 1
CPR/AED

STRENGTHS

Athletic Performance
Injury Rehabilitation
Weight Training
Kettlebell
Nutrition

WHY PERSONAL TRAINING?

The Center at Norpoint offers personal training and complimentary fitness assessments with our skilled certified personal trainers.

When you work with one of our trainers, you will:

Be inspired to meet your fitness goals work out using dynamic, individualized program tailored to your specific needs, goals and life style.

Learn how to maximize your program and save time!

Learn how to properly perform exercises to achieve your goals and enhance your body's performance.

SCHEDULE TRAINING TODAY!

**“Strive for progress,
not perfection.”**

Anonymous

PERSONAL TRAINING



**4818 Nassau Ave NE
Tacoma, WA 98422
(253) 404-3901
TheCenterAtNorpoint.org**

MEET



Tamira Tserendavaa

EWU Bachelor in Business Management
ACE Certified Personal Trainer
ACE Certified Nutrition Specialist
Pregnancy and Postpartum Exercise Instructor
Boxing for Fitness Instructor
First Aid, CPR and AED Certified

Cardio program design	Core Strength
Weight Loss	Flexibility
Senior Fitness	Balance

Email: tamiraahan@hotmail.com



Faith Pearsall

Certifications
Certified Personal Trainer (ACSM) Certified Medical Assistant

Strengths
Core Strength, Balance, Flexibility
Strength and Conditioning
Body Weight Train
Senior Fitness

Email: jfbpearsall@gmail.com

YOUR



Alicia Cottrell

Education:
BS in Kinesiology/Sport Nutrition, University of Puget Sound
Certifications:
Classical Pilates Instructor-Power Pilates
Barre Instructor-Barre Biz Inc
Certified Professional Fitness Trainer-NASM
Metabolic Specialist-Life Time Fitness

Specialty:
Core Strengthening Flexibility
Cardio Program Design Balance
Pre-Postnatal Injury Rehabilitation

Email: aliciacottrell04@gmail.com

MEMBER RATES

One Session	\$60/Hour
2-5 Sessions	\$55/Hour
6+ Sessions	\$50/Hour
10+Sessions	\$45/Hour

NON-MEMBER RATES

One Session	\$65/Hour
2-5 Sessions	\$63/Hour
6+ Sessions	\$60/Hour
10+Sessions	\$55/Hour

Cancellation Policy

Appointments may be cancelled and rescheduled up to 24 hours prior to original appointment.

TRAINERS



Joe Piccirillo

Certifications:
Certified Fitness Trainer (ISSS)
Strength and Conditioning Coach
High School Football Coach 11 years

Strengths
High Intensity Interval Training
Core Strength Training
Resistance Training
Cardio Training Flexibility
Nutrition

Email: joep1209@centurylink.net



Carolyn Edmonds

Certifications:
Specialist in Senior Fitness (ISSA)
Indoor Spin Cycling (NETA)
Personal Trainer (ISSA)
Silver Sneakers Classics

Strengths
Mobility, Flexibility, Strength, Balance & Stamina
Exercising with chronic health conditions
Fall Prevention

Email: carolyn54edmonds@gmail.com