

# REACH YOUR PERSONAL BEST

**Interested in  
working with a  
personal trainer?**

**Schedule your free consultation today!**

## Personal Training

AT THE STATION

The personal training program at The Station is available to provide you with a safe and effective workout to meet your fitness and health goals. Our trainers will work with you one-on-one to provide encouragement, motivation and accountability. Call today to schedule your free fitness orientation when you buy a pass, or call The Station to set-up an appointment. Small group training sessions are available upon request. For more information call or email Buster Bread at 405-793-5090 or [bbread@cityofmoore.com](mailto:bbread@cityofmoore.com).

### One-on-One Sessions:

\$50/1 hour session

\$250 per 5/1-hour sessions

\$450 per 10/1-hour sessions

### Small Group Sessions:

(2 or more participants registered)

\$40/per person one-hour session

For more information call or email Buster Bread at 793-5090 or [bbread@cityofmoore.com](mailto:bbread@cityofmoore.com).





## Meet our trainers

### GARY WARREN

Gary's training focus is in designing and implementing safe, progressive, and effective athletic and fitness programs. Emphasis on program design is based on an individual's CURRENT health, physical abilities and realistically achievable goals (client-defined fitness).

#### CREDENTIALS

PERSONAL TRAINING / STRENGTH & CONDITIONING

Certified Fitness Trainer (ISSA-CFT)

Certified Strength and Conditioning Specialist® (CSCS,\*D®)

Certified Special Population Specialist® (CSPS,\*D®)

ISOPHIT Strength Coach

NSCA-Certified Personal Trainer® (NSCA-CPT,\*D®)

### MARCIA NOAH

Marcia Noah's training focus is in holistic fitness and honoring the body with movements that strengthen muscles and bones. Marcia enjoys challenging her clients to make positive changes, in the mental and physical, to encourage better overall health. She also enjoys working with clients of all ages and fitness levels.

#### CREDENTIALS

Precision Nutrition L1 Coach

Certified Functional Aging Specialist (FAI - Functional Aging Institute)

Certified Cancer Exercise Specialist (CETI - Cancer Exercise Training Institute)

Certified Pilates Pelvic Floor Rehab Specialist (Pilates - VESy Lab)

Certified Functional Training Specialist (ACE - American Council on Exercise)

Certified Othopedic Exercise Specialist (ACE - American Council on Exercise)

### VIBEKE NILSEN

Vibeke's training focus is to help motivate individuals to achieve personal fitness goals. She provides invaluable experience in fitness and athletics. She has years of experience in leading group exercise sessions such as Boot Camp, HIIT, Kickboxing, Cardioblast, Sculpt, Toning, and sports-specific fitness training.

#### CREDENTIALS

Aerobics and Fitness Association of America (AFAA)

### ROBERT SUMMERS

Robert's training focus is providing effective strength training programs. He has vast experience in fitness and possesses nearly 7 years of experience in leading group exercise. He currently functions as a strength coach for women's soccer at Rose State College and enjoys teaching weight lifting.

#### CREDENTIALS

Associates in Health and Sports Sciences

NSCA-Certified Personal Trainer® (NSCA-CPT)

For more information call or email Buster Bread at 405-793-5090 or [bbread@cityofmoore.com](mailto:bbread@cityofmoore.com).

