

Personal Training



MARK MCMEANS 816.382.9240

markusmeans@gmail.com

"Hard work beats talent when talent is working hard"

- NASM Certified Personal Trainer
- NASM Senior Fitness Specialist
- Integrated balance and core specialist



SHAUNA UTZ

shaunautz@yahoo.com

- Bachelors of Science in Health & Exercise Science
- PTA- Worked 5 years in Physical Therapy
- 18 years as Group Fitness Instructor
- ACE Personal Trainer
- Senior Fitness training
- Experience in weight loss, weight management, injury rehabilitation, triathlons and running



THEO PAPPAS 913.313.6677

theoPT.88@gmail.com

- NASM Certified Personal Trainer
- NASM Fitness Nutrition Specialist
- 10+ years fitness experience
- Weight loss and lean muscle gain



DONNA NEWCOMB 512.514.4104

donna.newcomb@gmail.com

- AFAA Certified Personal Trainer
- SilverSneakers Certified
- 20 Years Personal Training Experience



JAMIE FRANKLIN 816.806.5022

kcbodymovin@gmail.com

- Bachelor of Science - MU
- ACE Personal Trainer
- 10+ years in Health/Fitness Industry
- Strength & Sports Conditioning
- Weight Loss & Maintenance
- Flexibility Training & Injury Prevention



LUIS BENAVIDES 816.519.9292

lbenavides@missionks.org

- Bachelors of Science in Corporate Wellness
- Masters of Science in Health Promotion Wellness Mgt.
- ACSM Certified Exercise Physiologist
- 10 years personal training experience
- Specialize in Weight Loss and Sports Performance



PHYLLIS PETERSON 913.638.8105

getthetouchnow@hotmail.com

- Masters of Exercise Science, KU
- ACE Personal Trainer
- AFAA Group Instructor
- Senior Fitness Training
- Cycling/Cross Training
- Myofascial Compression Techniques
- Kinesiology Taping



TERA ALLEN 913.645.3792

tallen37@hotmail.com

- NASM Certified Personal Trainer CPT
- NASM Fitness Nutrition Specialist FNS



DIANE DEES 816.506.4314

dianemdees@gmail.com

- NASM Certified Personal Trainer
- Corrective Exercise Specialist
- Women's Fitness Specialist
- Fitness Nutrition Specialist
- 34 years personal training experience

Personal Training

Why consider Personal Training?

Our Personal Trainers excel at creating workout programs that keep you motivated and help you push past plateaus. They will skillfully demonstrate how to perform each exercise, as well as explain the benefits of each one. All

Personal Trainers are professionally certified and have a variety of specialized training including: athletic training, strength workouts, senior workouts, suspension training, Pilates, athletic explosion, toning and plyometrics.

How do I book a personal trainer?

1. Contact one of the personal trainers.
2. The trainer will schedule a time with you at SPJCC.
3. Wait for your personal trainer in the South lobby.

PERSONAL TRAINING RATES

1 Person: \$48 • \$43MDR

2 People: \$39 • \$34MDR (Price is per person)

3 People: \$36 • \$31MDR (Price is per person)

- The non-membership fee is assessed for each appointment.
- Participants can book and pay for multiple personal training visits at one time.

