



Personal Training Services



Meet Our Certified Personal Trainers



Mary Fox, CPT.

I have been in the fitness industry for 14 years, instructing group exercise and personal training. I have experience working with all age groups in various fitness clubs and retirement communities. I specialize in balance/strength training, chair yoga and aquatic fitness. My focus is working with people to help them maintain the ability to do functional activities for everyday living.

CENTERS: Ateaze, Bykota, Edgemere, Essex, Catonsville, Jacksonville, Parkville, Seven Oaks and Reisterstown



Andrew Giordano, CPT.

I began working with the Baltimore County Department of Aging fitness program years ago. After serving 25 years in the Baltimore City Police Department, I decided to use my knowledge of fitness, leadership, training, and team building in the fitness arena. With a sound knowledge of human behavior and performance, I design exercise programs to fit the individual. I can motivate clients to reach their fitness goals safely and effectively.

CENTERS: Cockeysville



Emily Goren, CPT

I have been a personal trainer for seven years. I relish time spent with aging adults. I understand that this growing group of adults wants to maintain their active lives and focus on their flexibility and balance as well as maintain their muscle mass and cardiovascular endurance. I believe regular exercise is the key and provides many health benefits.

CENTERS: Pikesville and Liberty



Teresa Reed, CPT

I have been a personal trainer for 25 years. I work at the Arbutus Senior Center as an activity specialist. I love training seniors and seeing how exercise improves their lives. I also motivate others on the importance of physical fitness and a healthy lifestyle through public speaking engagements at local churches, senior centers, recreation centers and community events. I am ready to help you achieve your fitness and wellness goals.

CENTERS: Arbutus

Fitness Centers

Ateaze

7401 Holabird Avenue
Baltimore, MD 21222
410-887-7233

Bykota

611 Central Avenue
Baltimore, MD 21204
410-887-3094

Catonsville

501 N. Rolling Road
Baltimore, MD 21228
410-887-0900

Cockeysville

10535 York Road
Cockeysville, MD 21030
410-887-7694

Liberty

3525 Resource Drive
Randallstown, MD 21133
410-887-0780

Parkville

8601 Harford Road
Baltimore, MD 21234
410-887-5338

Pikesville

1301 Reisterstown Road
Baltimore, MD 21208
410-887-1245

Seven Oaks

9210 Seven Courts Drive
Baltimore, MD 21236
410-887-5192

Fitness Studios

Arbutus

855A Sulphur Spring Road
Baltimore, MD 21227
410-887-1410

Edgemere

6600 North Point Rd.
Baltimore, MD 21219
410-887-7530

Essex

600 Dorsey Avenue
Baltimore, MD 21221
410-887-0267

Jacksonville

3605A Sweet Air Road
Phoenix, MD 21131
410-887-8208

Reisterstown

12035 Reisterstown Road
Reisterstown, MD 21136
410-887-1143



County Executive Kevin Kamenetz
and the Baltimore County Council

Personal Training Packages

One-Hour session (One person) \$45

Book 60 minutes of time with your very own certified personal trainer. Have them monitor your progress, motivate you to exercise and make sure your fitness program keeps pace with your goals. Buy 5 sessions and get the 6th session free!

Half-Hour session (One person) \$25

Don't need a full hour? This half-hour session is perfect for you to learn a few new exercises, ask questions about your technique, or just have someone monitor your progress and supervise your workout.

Workout with a Friend Package (60 minutes) \$60

Research shows that exercising with a friend motivates people to stay with their exercise program. Save money while joining with a friend or spouse to exercise with a certified personal trainer.

Fitness Assessment and Individualized Exercise Program (One person) \$50

Before starting regular exercise, determine your existing fitness level and set goals for success. Includes:

Fitness Assessment: The fitness assessment consists of a few simple tests that provide an overall picture of your fitness status. The complete fitness assessment will be able to report where you are, where you should be and what you need to do to achieve your fitness goals. It can also be used for comparison as you proceed and improve.

Individualized Exercise Program (IEP): This is an exercise program that is specifically designed for your individual needs and goals. The IEP will help you achieve your fitness goals in a safe, effective way.

Get Ready! Get Set! Get Fit! Special \$130

Everything you need to get started on your own exercise routine, plus two-hours of one-on-one time with a certified personal trainer to make sure you are comfortable with the program. Includes:

One-hour session: Assessment and Individualized Exercise Program (Valued at \$50) plus 4 half-hour sessions: Implementing IEP (Valued at \$100)

*Must be used within 6 months of date of purchase.

Advantages of Using a Personal Trainer

Motivation: One of the main reasons people benefit from a personal trainer is they help motivate the individual to stick with a consistent exercise program. Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.

Individualized Program: If you have any chronic health conditions, injuries or training goals, a trainer will work with you and your health care provider to plan a safe, efficient program that considers these needs and enables you to reach your health goals.

Efficiency: Personal trainers prepare personalized exercise plans that help you get maximum results in minimal time.

Technical skills: The trainer will ensure you are doing the exercises and using the equipment properly, thus reducing your potential for injury.

You are new to exercise: If you are an absolute beginner, a personal trainer is the ultimate fitness coach. A good trainer will introduce you to a very simple and effective routine. The trainer will build your program efficiently so before you know it, you have the confidence and knowledge to decide what is right for you.

Break through plateaus: If you are stuck in the same routine and want to break out of the rut, a personal trainer is a solution. A trainer will jump start not only your motivation, but your routine as well.

Learn how to go it alone: If you ultimately want to learn all the facets of designing your own routines so you don't need to use a personal trainer, going for a few months may be all you need. All good personal trainers will teach you the basics of building and modifying a fitness program to achieve maximum results.

Workout Safely: A personal trainer watches your form, monitors your vitals and can provide objective feedback about your limits and strengths. Most of us tend to ignore some of the subtle signals our body provides. We either push through pain or give up too soon. A personal trainer can watch what you are doing while you are doing it, they can help push you or slow you down as necessary.

Lose Weight: The number one reason people hire personal trainers is to lose weight and get into shape. If you made a resolution to lose the fat and build the muscle, a trainer can help you realize that goal in a safe and effective manner.

How Do I Get Started?

1. Become a member of the fitness center/studio.
2. Select the Personal Training Package that meets your needs.
3. Book your appointment time and make your payment at the senior center front desk.
4. Read and sign the Cancellation and Lateness Policy.
5. Complete the Medical History Form and bring it with you to your first session.

Preparing for Your Personal Training Appointment

1. Arrive on time.
2. Dress in workout apparel or comfortable clothing and wear soft soled shoes (preferably athletic shoes).
3. Eat a light meal one-hour prior to arrival.
4. Bring a water bottle (drink plenty of water before, during and after appointment.)
5. Bring your Medical History Form to the first appointment with your trainer.

