

# SESSION OPTIONS

## PRIVATE - 55 Minutes

\$89/session

4 Pack | \$85/session (\$340 total)

8 Pack | \$81/session (\$648 total)

12 Pack | \$77/session (\$924 total)

24 Pack | \$73/session (\$1752 total)

## SEMI-PRIVATE - 55 Minutes

*2 People - Priced per person*

\$60/session

4 Pack | \$56/session (\$224 total)

8 Pack | \$54/session (\$432 total)

12 Pack | \$51/session (\$612 total)

24 Pack | \$48/session (\$1,152 total)

## GROUP - 55 Minutes

*3-6 People - Priced per person*

\$30/session

4 Pack | \$28/session (\$112 total)

8 Pack | \$27/session (\$216 total)

12 Pack | \$26/session (\$312 total)

24 Pack | \$25/session (\$600 total)

## PRIVATE - 30 Minutes

\$47/session

4 Pack | \$45/session (\$180 total)

8 Pack | \$43/session (\$344 total)

12 Pack | \$41/session (\$492 total)

24 Pack | \$39/session (\$936 total)



## CONTACT

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# AQUATIC PERSONAL TRAINING



**DEB QUIGLEY**

Deb has been part of the WC team since 2005 and brings with her 25 years of expertise in aquatic training. She holds 13 certifications across various specialties, including PNF, Hydro Pilates, Arthritis Aquatics, Tabata, joint rehabilitation, spinal stabilization, neuromuscular diseases, and stroke rehabilitation. Her extensive experience is not only in aquatic training but also personal gym training and Active Aging Coaching.

### CERTIFICATIONS

Masters Aquatic Personal Trainer ATRI Certified (Aquatic Therapy and Research Institute) • AEA Arthritis Exercise Leader • Hydro-Pilates USWFA National Instructor • Trainer Active Aging Coach • Personal Trainer - Fitness

### SPECIALTIES

Tabata & High Intensity Trainings • Neuromuscular disease aquatic therapy, Stroke, and all special needs populations • Water Fitness - group classes • Active Aging 50+ • Injury and Post-Surgery Trainings

"I have noticed that my balance, core stability, and muscle strength have vastly improved. I am more aware of my posture than I have ever been."

*-Aquatic PT Client*

## PROGRAM GOALS

Improve Overall Strength  
Improve Range of Motion  
Increase Core Strength  
Improve Balance through Stabilization  
Muscular Recovery  
Decreased Pain  
Better Overall Fitness



**KRISTEN PALMER**

Before joining the WC team in 2013, Kristen spent three years in aquatic training herself, rehabilitating a complex back injury and permanent disability. Over the past 11 years, she has promoted aquatic training benefits for all abilities, expanding her knowledge to design innovative programs that enhance aerobic endurance, strength, core stability, balance, flexibility, and range of motion. Her engaging programs help clients improve fitness, recover from injuries or surgeries, and maintain an active, healthy, independent lifestyle.

### CERTIFICATIONS

Aquatic Fitness Professional Instructor-AEA • Personal Trainer-SCW Fitness • Active Aging Coach-SCW Fitness • AEA/Arthritis Foundation Exercise Program Leader

### SPECIALTIES

Tabata & HIIT • Circuit & Strength • Active Aging Fitness & Functional Movement • Arthritis & Pain Management • Injury Recovery • Pre & Post Surgery Training