

PERSONAL TRAINING

Reflective Enterprises LLC has contracted with WVPT to head the personal training program for residents of SCW at all four rec-center gyms!

Hour Sessions: \$45-\$60

Half-Hour Sessions are available!

Prices based on number of sessions per week

Your 1st 30-minute Consultation is Free!

Contact Head of Personal Training, Mike DeRose for scheduling:

623-980-6031

westvalleypersonaltraining01@gmail.com



Personal Trainer Bios:

MICHAEL DE ROSE: Head of Personal Training & Personal Trainer

Mike is the owner and operator of West Valley Personal Training, and was contracted by Reflective Enterprises LLC to head the personal training program here in SCW. Mike has been a personal trainer for 20 yrs. He enjoys educating those who ask him about health and fitness because he is so passionate about it. Now he is excited for his new venture, working with the community of Sun City West and all of its residents



JIM SPALDING: Personal Trainer

Jim has been a personal trainer for over 25 years. He became a Certified Personal Trainer and Senior Fitness Specialist. Training clients at all four Rec Center Fitness Centers over the past year has been a very rewarding experience. Being a personal trainer provides him the opportunity to help others improve their health and enjoy their retirement years.



JENNA NETTLES: Personal Trainer

Jenna is an ISSA Certified Personal Trainer, a graduate with a B.S. in Psychology and Criminal Justice; hold state records for track and field, and is proof that you never know how strong you are until being strong is your only option. At 31 she was diagnosed with a brain tumor. After having brain surgery, she turned to the weights and the gym. This became her passion. If she's not training clients or at the gym, she is likely hanging out and traveling with her 11-year-old son.



Jill Vanderbunt: Personal Trainer

If you can't find Jill working out or training clients, she's probably studying Law or practicing HR somewhere! Jill Vanderbunt is a NESTA CPT with 10 years of personal training and a life time of fitness under her black belt. Jill holds a first-degree black belt in Kung Fu in addition to her Specialist certifications in Senior Fitness, Functional Training and Lifestyle & Weight Management. She is ultra-passionate about helping others achieve their goals in addition to spreading happiness and cheer at all times. Jill's favorite quote is "Everyone you meet is fighting a battle you know nothing about. Be kind. Always."



Dawn Dauer: Personal Trainer

Dawn's training philosophy combines her 10 years of as an independent certified personal trainer with her 4 years of martial arts training to bring a holistic training approach to her clients. Her passion for fitness initially began in her 20's but was rekindled after her third daughter was born in her mid 40's. She realized being a working mom of 3 was taxing her physical and mentally. She committed herself to a healthy life style, and decided to help other moms do the same. Dawn understands the challenges of trying to live fit, stay fit, and be the best version of you at any age!



Kimberly Rose: Personal Trainer

Kimberly has been a nurse for over 26 years and has been working within the Senior community for almost half her career. She has a passion for helping others as well as educating and empowering women about their health and wellness in all avenues. Within the last 18 months Kimberly has embarked on her own fitness journey. Overcoming her own fears and anxieties about being in the gym was probably the most difficult part of her journey if you ask her. She wants to help others overcome their gym anxieties and to help the senior community focus on balance, flexibility, and strength.

