

Fitness Center Hours

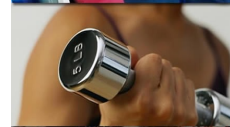
Monday—Friday	5am-9pm
Saturday	7am-9pm
Sunday	7am-9pm



800 Anneberg Circle
Manhattan, KS 66503
539-7529



W&F Personal Training



Whether you are just beginning your health and fitness journey and are trying to figure out where to start or you have been health conscious for a while and are looking to get out of your current rut; we are here to help!

Fees

Personal Training

1-5 hours	\$40/hour
5+ to 10 hours	\$35/hour
10+ hours	\$30/hour
Group Training (2 or more people)	
.....	Save 25% per person

**Non-members must pay day-use fee in addition to training fee*

Talk to a staff member if you are interested in personal training!

Orientations

Questions on how to use the machines, resistance bands, or free weight movements? Make sure to ask about our **FREE** orientation where a staff member can help find the right settings on the machines for you, explain how the equipment works, new exercises and explain the science behind each movement. A full orientation takes about 45 minutes to an hours so call in or set up an appointment while you're here.

Meet our Trainers!

At WF&F we are proud to offer the highest quality personal training available. Our qualified staff are current students at Kansas State University working towards a Kinesiology or Sports Science degree or have graduated where they have learned the latest fitness and health techniques, and can help guide you on your way to achieving health, fitness, and/or performance goals.

Hayla Demel

- *Graduated with a B.S. in Kinesiology, Kansas State University*
- *3 years of training experience*
- *Sports background: Softball at Kansas City Kansas Community College, high school volleyball, basketball, and softball*
- *Fitness background: Strength Training and Functional Fitness*
- *Certifications: CPR/AED*