

***Let us help you meet
your fitness goals!***

The Centre's nationally certified personal trainers can design training programs specific to YOU, based on your profile (including age, fitness level, medical history, schedules, etc.). Your personalized workout will include a variety to keep you from burning out and hitting a plateau. You can be sure that our trainers will know the best way to help you reach your goals, as many of them have college degrees in Exercise Science and other health related fields.



Trainers, left to right)

Jamie Pfiester-jpfiester@rollacity.org

Sheena Hodges-shodges@rollacity.org

Meleena Littlejohn-mlittlejohn@rollacity.org

Trevor Mock-tmock@rollacity.org

Matt Whittingham-mwhittingham@rollacity.org

Josh Stephens-jstephens@rollacity.org

PERSONAL TRAINING



ROLLA

Parks & Recreation

THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

1200 Holloway St. • PO Box 979

Rolla, MO 65401

573.341.2386 (Front Desk)

573.426.6920 (Trainer Hotline)

573.341.2381 (Fax)



Fitness Manager

Meleena Littlejohn



Meleena Littlejohn, BS, ACE Health Coach, AFAA CPT/GEI, is our Fitness Manager here at The Centre. She is a certified ACE Health Coach and AFAA Personal Trainer. Meleena graduated from Troy University with her Bachelors of Science degree in Social Sciences and a minor in Sociology. Meleena is also pursuing her Master's degree in Nutrition. She enjoys working one on one with clients improving their health and wellness through health coaching and behavior change to help them become healthier and more resilient. Meleena enjoys working out, singing while working, has a local Starbucks signature drink, is a qualified junior national NPC Physique & Figure competitor, and is a super-mom always on the go. Meleena and her personal training staff welcome each and every person into The Centre for a daily "Fitness Party", regardless what their goals are. All styles of fitness are welcome. Please feel free to contact Meleena with comments or questions!

Why hire a Personal Trainer?

SAFETY: A personal trainer will show you proper form and technique and how to exercise safely.

EFFECTIVE WORKOUTS: Maximize your time with workouts designed to meet your goals efficiently.

SUPERVISION: Personal trainers will observe, assist, and help you with areas that need improvement.

CONSISTENCY: Scheduling regular sessions helps eliminate excuses you may have for not exercising.

SPORTS-SPECIFIC TRAINING: Workouts can be tailored to your sport of choice.

INJURY REHABILITATION: The road to recovery can be smooth and successful with exercises that emphasize overall muscular balance to prevent future injuries.

SPECIFIC NEEDS TRAINING: Research confirms that individuals with health issues such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular physical activity. The Centre's trainers are experienced in designing programs that address the special needs of these and other conditions.

MOTIVATION: Personal trainers educate, motivate, serve as role models, and encourage you.

EGO BOOST: Not only can personal trainers assist you in achieving your health and fitness goals, they provide you with positive feedback on your performance and boost your confidence.

Price List

Fitness Consultation:

A consultation includes an in-depth health and fitness assessment. Trainers will help you set personal, realistic goals and suggest workout options specific to you! NMFC's expire 90 days from joining.

Non-Member \$60
Member \$50

Pt 1: (One-on-One Training)

One-hour training session with a certified personal trainer. Expires one month from purchase. Must have completed a Fitness Consultation before purchase.

Non-Member \$60
Member \$50

PT 3: (One-on-One Training)

Includes one Fitness Consultation and two one-hour training sessions or three training sessions if NMFC has been completed.. Expires 3 months from purchase.

Non-Member \$140
Member \$115

PT 6: (One-on-One Training)

Includes one Fitness Consultation five one-hour training sessions with a certified personal trainer or six training sessions if NMFC has been completed.. Expires 6 months from purchase.

Non-Member \$260
Member \$220

PT 9: (One-on-One Training)

Includes one Fitness Consultation 8 one-hour training sessions with a certified personal trainer or nine training sessions if NMFC has been completed..

Non-Member \$370
Member \$300