

HRC Personal Training

Each and every person is different both physically and mentally, you will be listened to and treated with the utmost respect while training at the HRC Wellness Center. As a personal training client, you will go through a personalized, evidence-based fitness and nutrition program that has very strong credibility within the fitness industry.

Sessions

1 on 1 sessions and group sessions are available.

Cost- 1-hour session \$16.00 per session

30-minute sessions \$8.00 per session

Personal Trainers

Doug Dillingham

Bachelor of Science Health and Human Performance- Fort Hays State University

Completed Internship at the Corpus Christie Athletic Club in Corpus Christie, TX

14 years of experience in the fitness industry

Certified Personal Trainer

Certified Corrective Exercise Specialist

Certified Performance Enhancement Specialist

Certified Cancer Exercise Specialist

Currently Studying for – NSCA CSCS, Professional Nutrition Coach, Youth Fitness Trainer

Darbi Christiansen-

Bachelor of Science in Health and Human Performance- Fort Hays State University

Completed Internship at the HRC Wellness Center in Holcomb, KS

Certified Personal Trainer

Yoga Instructor

Group Fitness Instructor

Currently Studying for- ACE Certified Personal Trainer, Pre & Post-natal Fitness Instructor.