



PERSONAL TRAINING

MEET YOUR PROFESSIONALS

Our highly seasoned fitness professionals are here to assist you in reaching your fitness goals. We offer personal training to individuals, couples and families. Junior safety orientations are complementary for all kids ages 12-16

Please contact our Fitness Director at nhurford@caclubs.com for more information.



NICKI HURFORD

Fitness Director/Personal Trainer/Massage Therapist

Nicki was born and raised in Santa Cruz County and has worked in the fitness industry for over 30 years. Nicki's focus is on injury prevention and rehab, and holds a special certification in Mental Wellbeing. She loves working with clients of all ages to assist them in reaching their health and fitness goals. Nicki is well versed in training student athletes, as well as adults with chronic health conditions, and specializes in working with seniors. She loves her job and believes that with the proper guidance and encouragement, everyone can be successful in their exercise program. When she is not working, Nicki is busy baking, gardening and keeping up with her 2 sons.



REBECCA SETZIOL

Personal Trainer

With more than 15 years of experience in the fitness industry, Rebecca has worked as a dancer, group fitness instructor, and personal trainer. Her expertise centers around strength, injury prevention, mobility, flexibility, and endurance. Rebecca believes that exercise should be both enjoyable and challenging, and she takes great pleasure in assisting her clients in achieving their goals and reaching new heights.



ROSE REYNOLDS

Personal Trainer

Philosophy that goes beyond simply counting reps and breaking a sweat. With over 10 years of experience as a fitness professional, Rose has adopted a holistic and functional approach to the human movement system by addressing the body as a synergistic unit. With carefully designed programs of individualized requirements coupled with tailored progressions, she helps clients to not only see and feel results, but to achieve vibrant health and vitality at any age. Whether you want to build strength and stamina, improve mobility and flexibility, increase stability and balance, relieve pain or prevent injury, boost athletic performance or enhance everyday quality of life, Rose will coach you on practical strategies and effective techniques to help you reach your goals, but more importantly, embrace these practices as everlasting lifestyle habits. Life is short and health is our greatest wealth, optimize your natural potential to live long and thrive.



JEN KARNO

**Personal Trainer
Wellness Coach**

Exercise, healthy eating, and outdoor physical activity have been priorities throughout Jen's adult life. She is passionate about supporting others on their holistic journey toward health, wellness, and the joy of being active. Jen is a former international cycle tour leader, fitness instructor, professional dancer, and competitive trail runner. She brings extensive experience in training and enjoys working with individuals at all stages of fitness to help them achieve their health goals. Jen's approach incorporates elements of cardio, balance, flexibility, mobility, and strength. She is currently pursuing national board certification as a health coach. Jen is committed to the transformative power of self-care and inspiring others to become their best selves.

Our Rates:

1 HOUR \$80

5 HOUR PACKAGE \$375

10 HOUR PACKAGE \$700

30 MINUTE SESSIONS & SEMI-PRIVATE SESSIONS ARE AVAILABLE