

Personal Training Packages

One on One Personal Training

Work one on one with a personal trainer.

60 minute sessions	Resident	Regular
5 Sessions	\$245	\$295
10 Sessions	\$390	\$490

One on One *Youth or AOA* Personal Training

Youth (12-17 years of age) or Active Older Adults (55+) work one on one with a personal trainer.

60 minute sessions	Resident	Regular
5 Sessions	\$220	\$275
10 Sessions	\$365	\$470

Small Group Personal Training

Train with others who have similar health & fitness goals in a group setting with a personal trainer.

60 minute sessions	Resident	Regular
5 Sessions	\$190 per person	\$240 per person
10 Sessions	\$350 per person	\$450 per person

Questions about pricing or packages? Contact Missy Goff at mgoff@chaskamn.com or 952-227-7779

Meet Your Trainers

Carisa Kuntz 952-250-2257



NETA Certified Personal Trainer and NETA Certified Group Fitness Instructor with over 15 years in the fitness industry and over 20 years as a Chaska Community Center dedicated employee. Carisa is described as energetic, positive and uplifting. Her goal is to empower others to fully embrace the habit of daily exercise and attain the everlasting benefits of a healthy lifestyle. She wants to share her love with others who have the aspiration to become a better, stronger version of themselves. Specialty Certification/Areas include: Active older adult functional and balance training, Silver Sneakers fitness, water aerobics, indoor cycling, yoga, resistance/strength training, and interval/cardiovascular training.

Missy Frick 952-292-0600



NETA Certified Personal Trainer with over 30 years of experience in the fitness industry teaching various fitness and weight training classes along with personalized fitness programs. Missy recognizes the importance of a commitment to fitness to enhance personal health and overall well-being. She believes a successful program should be simple, non-intimidating and fun. She is motivating, energetic and dedicated to the progress of her clients. Specialty Areas: Weight Loss, Resistance / Strength Training, Interval / Cardiovascular Training.

Tonya Andruskiewicz 612-396-1256



ACE Certified Personal and ACSM/NCHPAD Certified Inclusive Fitness Trainer. Tonya believes that fitness is for everyone and focuses on creating adapted workouts that are fun and engaging for people of all abilities and fitness levels. Her specialty is developing and implementing an individualized exercise program for a person who may have a physical, sensory or cognitive disability or is simply a beginner looking for a place to start. As a Lifestyle & Weight Management Specialist & Certified Personal Fitness Chef, Tonya can utilize motivational techniques and provide appropriate instruction to begin and continue healthy lifestyles.

Kaari Hilgert 612-961-3214



NETA Certified Personal Trainer with over 15 years of experience. Kaari believes the emphasis of personal training is personal. She is committed to provide a service focusing on the individual and his/her specific lifestyle needs. She encourages, supports and challenges her clients to commit themselves to a life-long fitness program. Together, she will help improve physical and mental well-being through a comprehensive personal fitness program to challenge the body and keep the mind focused. Specialty Areas: Strength Training & Weight Loss, Injury Rehabilitation, Core and Balance Training, Active Older Adult Functional Training, Athletic Training, Flexibility and Self-Myofascial release.

Marie Moran 952-210-2709



NETA certified Personal Trainer and ACE certified Group Fitness Instructor. Marie is a Figure Skating Coach, Gold Medalist, Personal Trainer for skaters, as well as having her Masters in Education. She competes in inline racing and loves to promote MOVEMENT for all ages. Specialty Areas: Resistance and Strength Training for Active Older Adults, Range of Motion, Fall Prevention and Balance Training. Specialty Certifications: SilverSneakers®, Formats, Senior Yoga and Tai Chi. Physical Education License and Coaching Certificate (grades 9-12), Master in Education.