

TESTIMONIAL

I have been doing aquatic personal training with the fabulous Kristen Palmer since October 2021. We meet for a 30-minute session every week. Kristen keeps notes on my progress each session and uses them to plan the program for our next meeting. She has stepped up the program week after week to challenge me but is always careful not to cause any pain in my old body. She DOES encourage (push) me to add additional reps and increase resistance with aquatic equipment, and that was exactly what I was looking for when I first started this program. She also adds a bit of cardio into each session. I have noticed that my balance, core stability and muscle strength have vastly improved. I am more aware of my posture than I have ever been. Seriously, if you are thinking about meeting with an aquatic personal trainer, you cannot get a better one than Kristen!

— LeeAnn Verney

PROGRAMS

- HIIT
- Tabata
- Warm Water for stretching & range of motion



PROGRAM GOALS

- Improve overall strength
- Stretching for improved range of motion
- Increase core strength
- Improve balance through stabilization
- Muscular recovery
- Decreased pain
- Better overall fitness

APPOINTMENTS AVAILABLE

TUESDAY, THURSDAY & FRIDAY

30 min Session

Privates: 4 pack is \$180

Semi Privates: 4 pack is \$170 ea

55 min Session

Private: 4 pack is \$340

Semi Private: \$225 ea

Small Groups of 3: \$155 ea

Small Group of 4: \$115 ea





ABOUT KRISTIN

WORDS TO LIVE BY

It's time to stop thinking about what you CAN'T do and start falling in love with what you CAN do. Let's begin the next chapter of your story together!

MY EXPERIENCE

Started teaching Water fitness classes at Weymouth Club: April, 2013
Total Years Experience: 9

MY SPECIALTIES

Aquatic Personal Training
Water Fitness
Tabata & High Intensity Interval (HIIT) Training
Circuit and Strength Training
Active Aging 50+ Fitness Training
Balance, ROM, Posture, Core and Flexibility Training
Arthritis/Pain Management Training
Injury and Post-Surgery Training

CONTACT ME

KRISTEN PALMER
kpalmer@weymouthclub.com
781-337-4600 x855

WEYMOUTH CLUB
75 Finnell Drive Weymouth, MA 02188
781-337-4600
 @weymouthclubma
 @weymouthclub

W AQUATIC PERSONAL TRAINING

WITH KRISTIN PALMER

