



Health Club & Spa Coach Celia Dubey

1888 S Pinellas Ave Tarpon Springs Fl 34689

Celia@TarponTotalFitness.com

813 690 8989

Credentials

USAT Triathlon Coach
Certified Personal Trainer AFTA since 2005
CPR & First Aid Certified since 2000
MADD Spinning Certified since 2000
Leukemia Society Certified Running Coach by Jack Daniels since 2001
Owner of Total Fitness Health Club & Spa since 2006

Titles & Accomplishments

ITU Duathlon World Champion 2013
USAT Duathlon National Champion 2015, 2014, 2013 & 2007
ITU Duathlon World Championship Silver Medalist 2011 & Bronze Medalist 2015
USAT Regionals Club Champions 2012 & 2013
USAT All American Duathlete 2003-2015
USAT All American Triathlete 2004-2015
Team USA Duathlon 2003-2016
Team USA Triathlon 2013-2016

Sponsored by

Boston Bill Sunglasses
Chainwheel Drive Bike Shop

Personal Coaching Rates

One day clinic – a 4 hour clinic covering all disciplines of swim, bike, run & transition \$250
You will have the knowledge & practical experience to excel after this 4 hour experience.

Nutritional Consultation available for \$99.

Hourly Personal Training - One hour session \$85 an hour, Bike session, or Run analysis, or Open water swim at the beach

Monthly Personal Training - One hour session to be scheduled monthly. \$65 billed via credit card the 1st of each month. 12 month minimum.

Weekly Personal Training – One hour session to be scheduled weekly. \$50 billed via credit card every Monday. 3 month minimum.

Swim Video Stroke Analysis \$99 a 90 minute session in which I video tape your swim outside and under water in an effort to break down your stroke and improve your form.

Swim Series -A series of four, 15-20 minute swim lessons \$130

Sub Max Heart Rate Testing – I will test you in an effort to discover your maximum heart rate \$99

One Race Training Plan- includes a DETAILED training plan for one A priority race (26 week plan) \$250

One Race Training Plan- includes a DETAILED training plan for one A priority race (14 week plan max) \$199

******Personal Coach** – Most popular option. I am YOUR personal coach. After we complete your goal setting session, I develop a skeleton plan for your season and then each week I provide you with specific workouts based on your prior week's training results and your goals in mind. Unlimited Coaching via email, text, & phone. This option also includes one private session monthly AND access to ALL my group training sessions. There is a one time start up charge of \$150 & \$250 a month is billed to you. 12 month minimum is requested but not contractual :0). The first month includes three in person private sessions.

Training Terms

I will arrive with a strong belief in myself and a good attitude. Before the start of each session, I will warm up with 10 minutes of EZ cardio and stretch head to toe. Each session is to be paid to Celia Dubey prior to the session.

Scheduled appointments must be rescheduled with 24 hours notice in order to not be charged.

Client _____ Date _____ Trainer _____ Date _____

You are only as strong as you believe. Do you believe in yourself?



Lorna Short
USA Triathlon All American



Amy Keener
10 Time USA Triathlon All American



Chad Siple Aka Choo Choo
4 Time USAT All American



John Strait
13 Time USAT All American



Dave Bracken
5 Time USAT All American



Bruce Mann aka "Mannchine"
4 Time USAT All American



David Morrow aka Captain
FIVE TIME USA Triathlon All American
Five Time USAT Duathlon All American.
Ranked 13th Triathlete in The USA
Ranked 4th Duathlete in The USA



Celia Dubey
12 time USA Triathlon All American
12 Time USAT Duathlon All American
Ranked #1 Duathlete in USA
Ranked 6th Triathlete in the USA.