

# Personal Training



Feel Stronger, Lighter & More Energized!

## GETTING STARTED IS EASY

1

Set up a Session to talk with one of our trainers

2

Choose your Package

3

Schedule your sessions & start your journey!

# of Sessions	Packages
1	\$40
5	\$175
10	\$330

Member rates above, Non-members have added fees

### TRAINERS & COACHES:

**Karla Davis**

NASM, Certified Personal Trainer

**Josh Anderson**

Studying for his test

### NUTRITION SERVICES:

**Jenny Kearney**

Registered Dietitian/Nutritionist  
Certified in Adult Weight Management  
Licensed Medical Nutrition Therapist  
Certified Diabetes Educator

1-session \$50    5-Sessions \$225