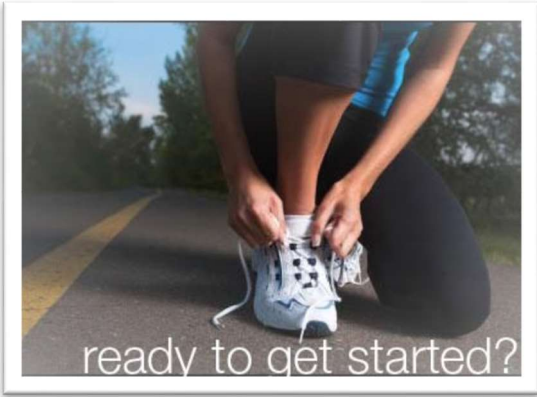


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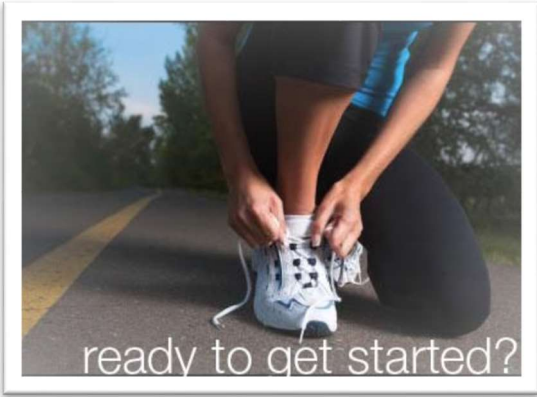
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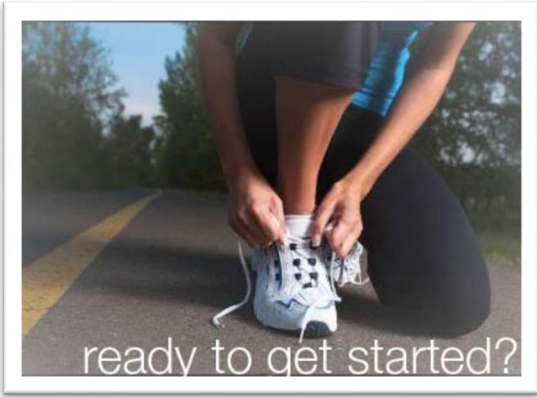
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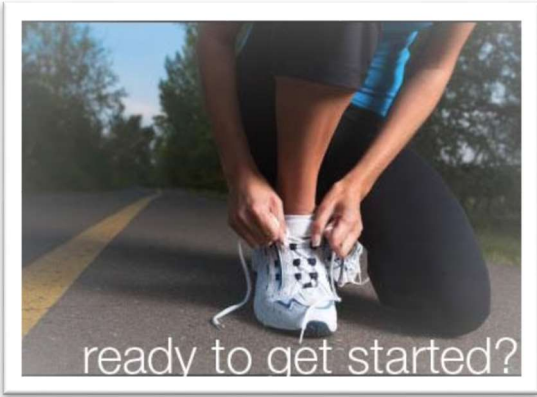
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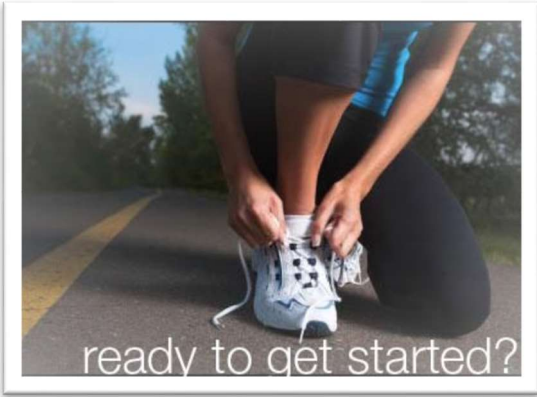
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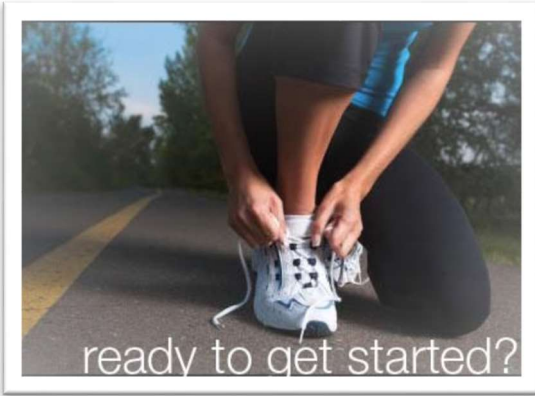
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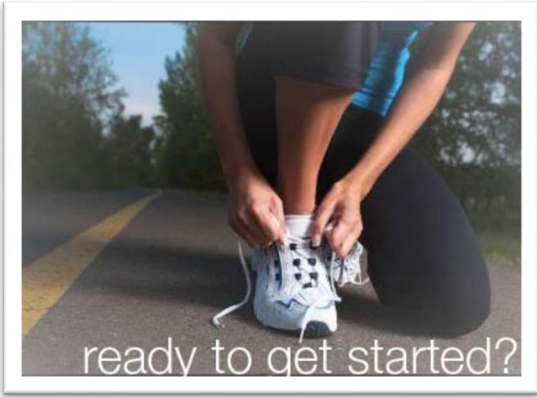
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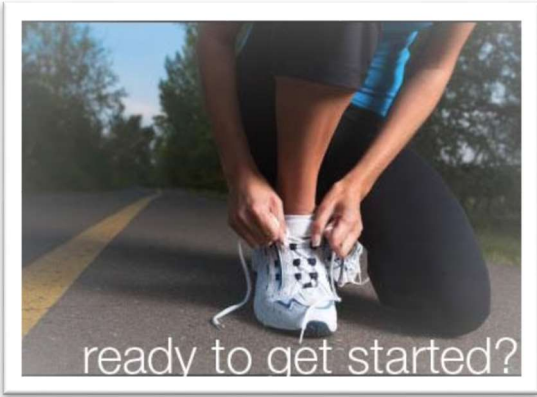
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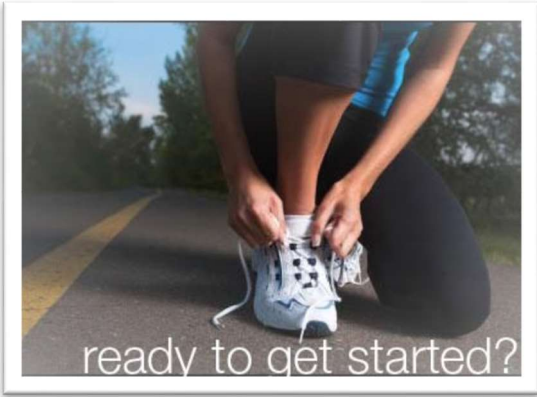
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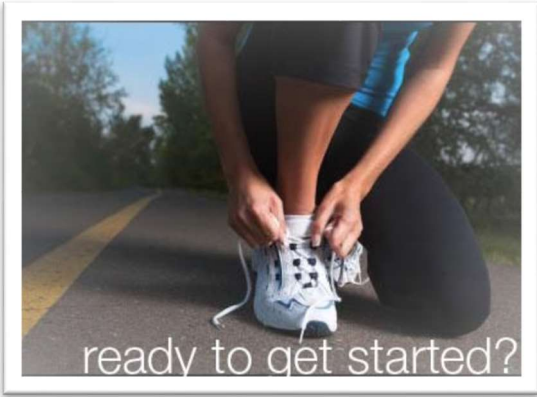
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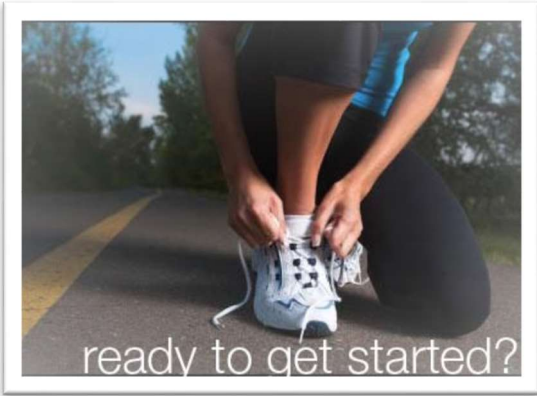
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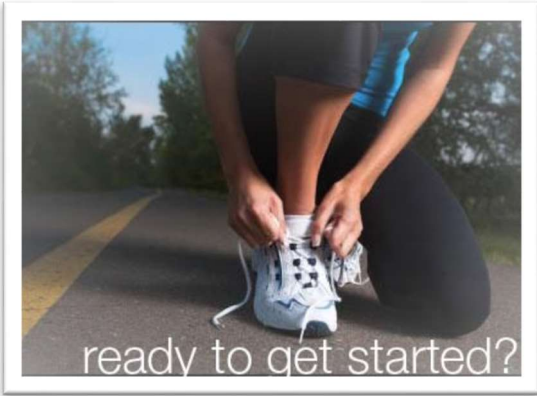
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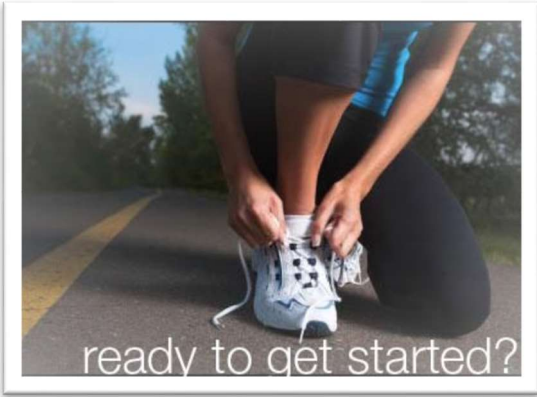
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Amy Dunkin - NCSF-CPT #2612052
email contact@totaltrainingwv.com

TOTAL TRAINING WV

Personal Training For Your Lifestyle



Do you need to shape up for a special occasion; a Reunion, a Wedding, a Vacation, or an Athletic competition?

Are you looking to improve your fitness, increase your strength, and lower your body fat, but are not sure where to begin and how to get the results you desire?

*My name is **Amy Dunkin** and I am a **Certified Personal Trainer** and I would love to be your personal guide to helping you achieve your fitness goals.*

*Sign up with **Total Training WV** today for the training, motivation, accountability, and professional expertise to achieve **SUCCESS**.*

Services

With a personal trainer the type of training provided is **based on you** and **your personal goals**. There are a variety of ways one can train to achieve various physical fitness levels. So based on **your personal goals** (*weight loss, gain muscle, athletic improvement, or better overall fitness health*) and your current physical condition a **program** will be **designed** that will work best **for you**.

- Cardiovascular Fitness
- Circuit Training
- Resistance Training with Weights
- Resistance Training with Bands
- Functional Training
- Balance
- Flexibility
- Plyometrics Training
- Sports Specific programs
- Outdoor Training
- At Home Training
- Personal Assessment & Monitoring
- Spartan SGX Coaching

Website

www.totaltrainingwv.com

Rates

PERSONAL TRAINING

Trainer travels to your location.
\$50 – within 10min travel time
\$60 – within 10 to 20min travel time
***All sessions are for one hour.**

MONTHLY PACKAGE RATES

8 home personal training 60min sessions
\$350 – within 10min travel time
\$420 – within 10 to 20min travel time
***Sessions to be utilized within 2 months.**

GROUP TRAINING CLASS

Trainer travels to your location.
\$50 – within 10min travel time
\$60 – within 10 to 20min travel time
***45 to 60min class.**

GROUP FITNESS CLASS

At trainer location.
\$10 – 45-60min. class
\$100 for 12 class Punch Card Purchase

PAYMENT

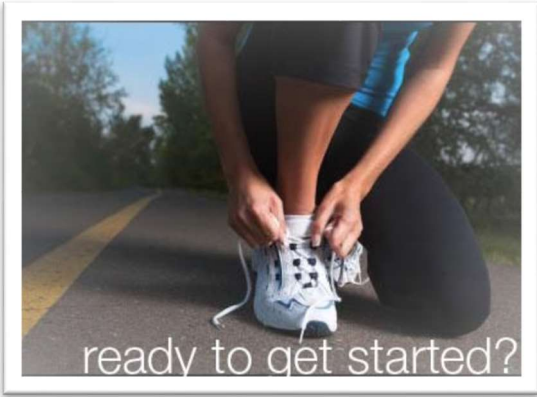
Cash, check, credit card.
Payments due prior to session.
***24 Hour cancellation policy applies.**

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