

## Personal Training & Consultation

My job in the personal training arena is to motivate and inspire you to new levels of fitness excellence. My focus is on correct form, mental focus, mind body connection with muscle groups being trained, goal visualization and level of intensity all packaged in an enjoyable yet intense session. When you come to train with me, my focus is 100% on you and you alone, this is your time to pamper yourself, learn and get a great workout. We will first establish your outcomes and we will work one on one to set up the most appropriate program to not only help you reach your goals but enjoy the process as well as fitting your training into your current lifestyle. I want you to get to a place where you can walk into any gym or fitness center and be focused on the task at hand knowing that you have all the resources you need to have a fantastic workout while achieving your goals. Most people don't plan on having a trainer indefinitely, that is why I want to teach you everything I can about correct form, muscles being worked and how to get the most benefit from your workouts, leaving you confident and satisfied that you can create your own exercise programs anywhere you go. Personal training facilities are available in Gainesville and Tampa with no gym membership fees to you. Also personal training can be done in the luxury and privacy of your own home. My recommendation is a package of 24 sessions to be taken advantage of either training two times a week with me for 12 weeks or 3 times a week for 8 weeks. I will be putting cardio sessions in your program as well to be done on your own time. You don't need to invest to have me watch you on the treadmill, you want me to teach you the exercise staples as well as cutting edge exercise techniques that are fun and will leave you with the feeling that you know you had a great session. Please call me or send me an E-mail and tell me a bit about yourself and your goals, I will then set up a consultation with you to get more detailed about your goals and set up the most appropriate program for you. Personal Training Packages 4 Week Program 8 Week Program 12 Week Program

12 one hour training sessions

24 one hour training sessions

48 one hour training sessions

Nutritional Counseling, Progressive training and nutrition program

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Unlimited E-mail and text messaging fitness support

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Discounted gym fees

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\$67 per session

\$58 per session

\$52 per session \$799 \$1399 \$2499 For an appointment, call 813-997-9974