

# PERSONAL TRAINERS

Services a Personal Trainer can offer:

- Help in overcoming workout/fitness plateaus
- Isolate problem areas to improve muscle strength and flexibility
- Dietary planning
- Create a personal workout routine (exercise prescription)
- Offer suggestions for new variations on exercise routines
- Reviews or advice on weight training and technique
- Information on alternative exercise equipment (balls, resistance bands, weighted bars)
- Introduce new exercises
- Suggestions on how to maximize gains through resistance lifting programs
- Supplement and nutrition advice

Training packages available at discounted rates.

Gift certificates available.

**JODY ROGERS**

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**CRYSTAL BLAKENEY**

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