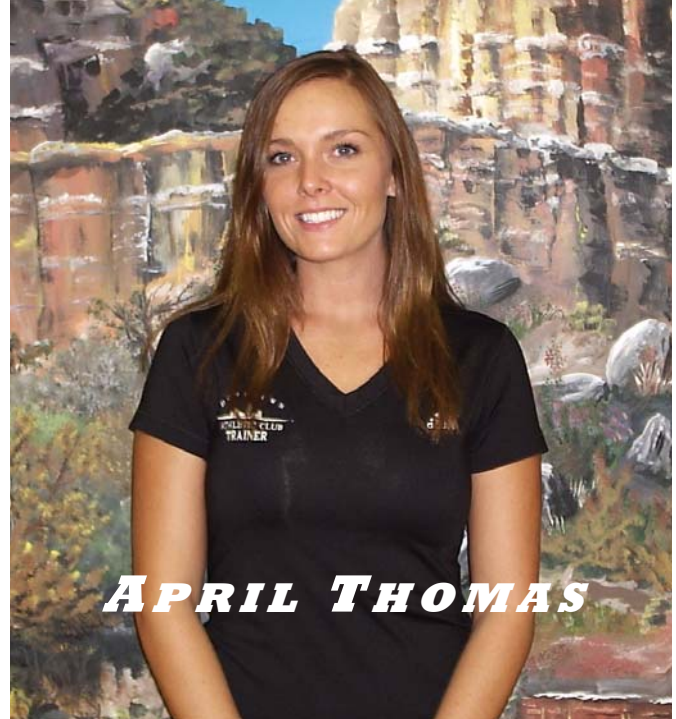


April Thomas Certified Personal Trainer

FITNESS SPECIALIST *APRIL THOMAS*

- National Strength and Conditioning Association Certified Personal Trainer
- Associates Degree in Physical Education with an emphasis in Personal Training
- Pursuing Associates Degree in Physical Therapy
- Sports enthusiast



DEVELOP/ENHANCE

- Strength
- Endurance
- Energy
- Self Esteem
- Workout Efficiency

REDUCE/DECREASE

- Body Fat/ Weight
- Injury
- Stress
- Self Doubt

PERSONAL TRAINING RATES

Individual - \$40/hour
Couple - \$60/hour
Group of 3 or more - \$20/person



FOR MORE INFORMATION, CONTACT APRIL AT 806.324.5402.