

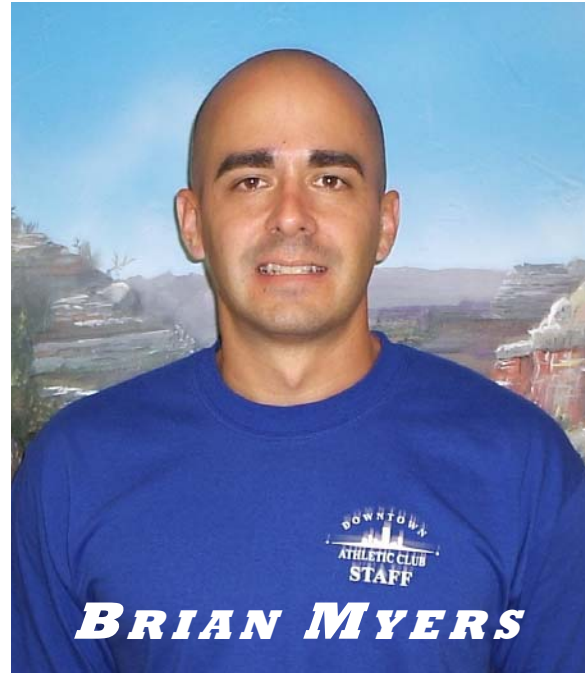
Brian Myers

Certified Personal Trainer

FITNESS SPECIALIST

BRIAN MYERS

- National Strength and Conditioning Association Certified Personal Trainer
- Pursuing Associates Degree in Physical Therapy
- Lifetime athlete and exerciser
- Dirt bike racer and enthusiast



DEVELOP/ENHANCE

- Strength
- Endurance
- Energy
- Self Esteem
- Self Confidence

REDUCE/DECREASE

- Body Fat
- Weight
- Stress

PERSONAL TRAINING RATES

1 Session (60 min)	\$40
6 Pack (6 x 60 min)	\$228
12 Pack (12 x 60 min)	\$432

Couple Session (60 min)	\$60
Couple 6 Pack (6 x 60 min)	\$348
Couple 12 Pack (12 x 60 min)	\$672

Group Rates Available



FOR MORE INFORMATION, CONTACT BRIAN AT 806.324.5402.