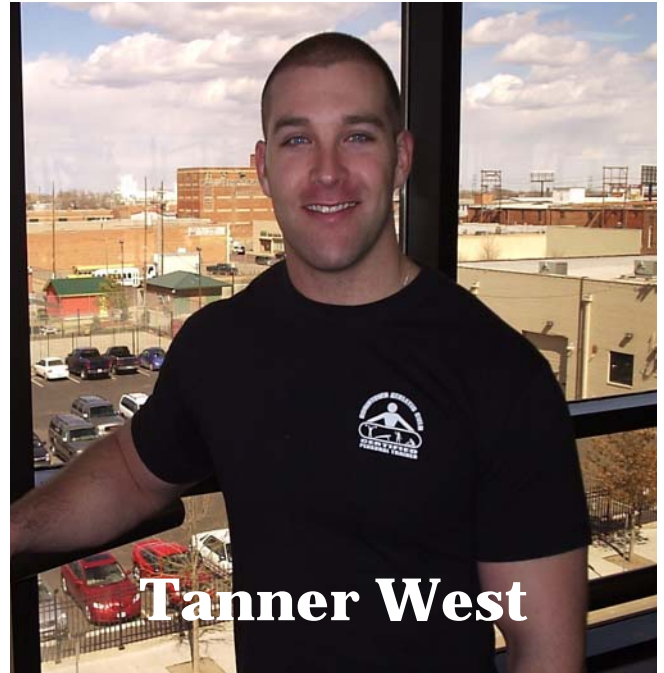


Tanner West

Certified Personal Trainer

FITNESS SPECIALIST **TANNER WEST**

- Master Fitness Specialist from the Cooper Institute
- Currently Studying Emergency Medical Services/Paramedic
- Therapist/Physical Rehab Coordinator
- Over Four Years of Experience



DEVELOP/ENHANCE

- Core Stability
- Strength & Power
- Body Composition
- Self Confidence
- Explosive Sport Performance

REDUCE/DECREASE

- Weight/Body Fat
- Risk of Injury
- 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 TANNER AT 806.324.5402.