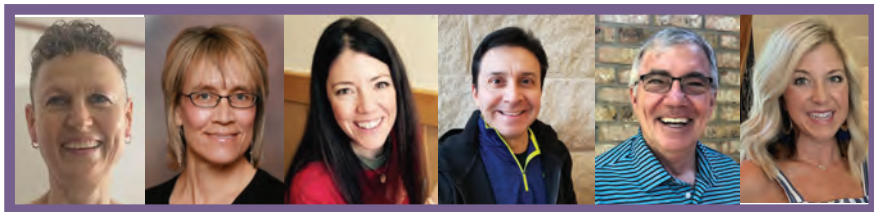


personal TRAINING TEAM



60min/private: 1x\$45 | 5x\$200 | 10x\$330 | 20x\$560

60min/semiprivate: 5x\$300 | 10x\$530 | 20x\$980

30min: 5x\$180 | 10x\$260 | 20x\$420

45min: 5x\$190 | 10x\$280 | 20x\$460

The above are trainers with the NRH Centre;
their schedules are full at this time and they are taking a waitlist for clients.
Glenn 904.545.4164 | Nancy 817.312.7904 | Taryn 817.903.4504

Berny 817-875-7550 bks gym777@gmail.com

"Following a traumatic injury and overcoming physical/emotional challenges, I found my ability/passion to help others do the same; I became a personal trainer in 1998. At age 12, I fell through a glass door, was temporarily wheelchair-bound and on crutches. Eight years after surgery, I was in a leg brace for two years; many years later I joined a gym, discovered powerlifting and joined the US Air Force Powerlifting Team in Europe as a civilian. I placed 1st-3rd several times and 2nd in the 1995 Dutch Nationals. My philosophy: **Mind, body, spirit, they all work together; change your mind and you can change your body! (#SmarterNotHarder)**. During recovery, I had to be very body-aware and learned highly effective ways of **stretching**, which helped me help others with their **chronic pains and mobility** (frozen shoulder, knee/hip joints and back issues (sciatica) and much more". **Strength, muscle building, weight loss, flexibility, form, powerlifting, improving athletic performance; clients who want to learn.** Certifications: Cooper Institute Physical Fitness Specialist, NASM Certified Personal Trainer, NASM Weight Loss Specialist, NASM Corrective Exercise Specialist, NASM Certified Nutrition Coach, TRX certified TRX Instructor, Hypervolt Certified, currently working on a BS, Exercise Science/UTA.

Cynthia 479.935.5927 cyntwagn@gmail.com

Cynthia's passion for health began at 21 years of age when she was introduced to the whole health philosophy; she utilized the information to teach many young pregnant mothers how to feed their body properly to ensure a successful natural childbirth. As she continued to help people with their everyday health needs, she decided to become certified as a **personal trainer, health coach and sports nutritionist**. She is currently a Certified Personal Trainer through the National Council on Strength and Fitness. Cynthia is skilled in all modalities of the workout such as **HITT, kettlebells, cables, free weights, integrated core stability and metabolic workouts**. Cynthia's training style sculpts a very individualized program to each client's needs. Outside of the gym Cynthia leads hikes, biking adventures and fun outings.

Joy 832.875.4569 joyful12@yahoo.com

When Joy was a student at Oral Roberts University, she found out that health, nutrition, and exercise were not only necessary for a good quality of life but also fun and fulfilling. She delights in equipping her clients to feel confident in their workout by teaching and demonstrating foundational knowledge of **safe and proper form** as an integral part of the workout. Using various training methods, the areas of focus include increasing **core stability, flexibility, muscular endurance and strength and nutrition**; including those with **physical limitations/challenges**. Besides working out, she likes to read, write and volunteer at church. Certified Personal Trainer (NASM) Senior Fitness Specialist (SFS) Special Needs Specialist (SNS).

Michael (MJ) 817.805.3505 fitnessbymikem@gmail.com

(Available Tue, Thu, Sat; www.fitnessbymike.com)

Being passionate in the health and fitness industry for over 18 years, Michael brings experience, knowledge, and guidance in nutrition and has success to his clientele from **weight loss, gaining muscle strength, sculpting, sport specific** in soccer 5k, 10k, and tennis, **rehabbing sport injuries**, and **overall wellness**. Workouts are **high intensity** and **low impact** that leaves you feeling strong and refreshed. B.A. degree in Kinesiology from Dallas Baptist University and certified with the Cooper.

Mike 817.538.8012 mikcurtis0@gmail.com

Are you interested in becoming **more active**? I can get you moving! As a former marathon runner, I've seen how physical activity has positively affected my life, and I look forward to helping you meet your own goals. I'm certified as a Personal Trainer and a Behavioral Change Specialist through the American Council on Exercise, and I have additional coursework in **helping people change their sedentary behaviors** to becoming a more active person. I'll create a workout just for you and will help **guide you to success**. I'm here to teach you **proper form** and execution of the exercises that will help you **achieve your physical fitness goals**. "Let's Get Moving!"

Taryn 817.903.4504 tarynfreeby@gmail.com

(Available: Monday / Thursday 11:15am-3pm)

Taryn's passion for fitness and started at a young age but it grew even more when she started teaching step aerobics in college. She has extensive experience creating programs customized to her client's needs and goals they strived to achieve; incorporating **many functional exercises**. She has worked with all fitness levels and takes a personal approach when creating individual plans. Her true passion is helping clients with **behavior change** and her philosophy in life is having balance. She is intentional about coaching her clients away from an "all or nothing" mentality to a "something" mentality. In her off time, you'll see her working out, chatting with members, and spending time with her family and friends. Certified Exercise Physiologist/American College of Sports Medicine; Abilene Christian University Alumni/B.S. in Exercise Science/Minor in Nutrition, wife and mother.

BENEFITS OF HAVING A PERSONAL TRAINER

Assess your fitness level | Set up a program that meets your goals | Provide guidance in reaching your goals

Teach you the best way to exercise, including correct form and injury prevention

Provide education about strength training, cardio and basic nutrition

Introduce you to using different equipment to work the same muscle groups

Provide instant feedback on how to adjust your posture, motion, and exertion to get maximum results and prevent injury

Keep you motivated | Give you a reason to show up at a gym | Push you past your comfort level | Hold you accountable

personal training in yoga

Private Yoga (one-on-one) is beneficial for:

*Beginners to gain knowledge and skill before attending a group class.

*Those healing injuries or coping with a variety of health conditions.

*Those seeking to deepen their practice or explore advanced poses.

1x\$65, 3x\$190, 5x\$300

for two people: 1x\$75, 3x\$220, 5x\$360

