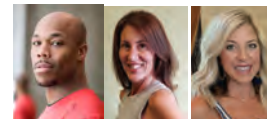


# personal TRAINING TEAM



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.

## **Chad 214.223.0558 getfitbettrue@gmail.com**

Chad's passion for health and fitness runs deep. He loves playing golf, basketball, along with any outdoor sports. His biggest accomplishment was competing on stage in Men's Physique Masters Division which he placed second. He has years of experience as a certified fitness trainer through the NASM (National Academy of Sports Medicine) Chad is also a Certified **TPI Golf Fitness Instructor** (Titleist Performance Institute). His goal as a trainer is not for clients to complete a number of reps, it's to **challenge the muscle** as much as possible while **maintaining proper movement, form and execution!** Coaching and training his clients on improving their health and fitness is more than his job, it's his passion! "Let's Chase Your Greatness Together"

## **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](http://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.

## 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

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# 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

