

Personal Training



- Get personal attention & get results
- Exercise program designed with your needs & goals in mind

**Invest in your health.
Whether your goals are to firm up, lose weight or increase endurance,
Personal Training can get you on track to seeing measurable results!**

Training Packages:

Single Session	\$55
8 sessions	\$420 / \$52.50 per session
12 sessions	\$600 / \$50 per session
16 sessions	\$760 / \$47.50 per session

Trainer:

Cathy Wilhoit 502-633-7073

- Certified Personal Trainer / ACSM
- Certified Group Fitness Instructor / YMCA
- Certified CPR & First Aid
- B.A. Degree in Psychology – University South Florida

**Ask about Group Sessions – up to 4 people
FREE Consultation**