

MERIDIAN PERSONAL TRAINING

Make Your Dreams & Goals a Reality!

TRAINING PROGRAMS DESIGNED SPECIFICALLY TO SUIT YOUR NEEDS.

- Desire to lose weight
- Overall fitness/desire to achieve a fit, healthy body
- An athlete needing speed/agility/strength training

Over 25 years of experience helping individuals achieve their goals....
AND we have a great time in the process!

PACKAGES AVAILABLE

Free Initial Consultation

\$75 per One on One Training session

\$50 per person for Training session (2 people)

MARCH SPECIAL:

Package of 5 sessions: \$300

A Few Services provided:

- Certified Personal Training
- Mental Game Coaching
- Nutritional Analysis
- Boot Camps

Where:

At your home or gym

Have a few friends that want to get in shape with you?
Ask about our group discounts

