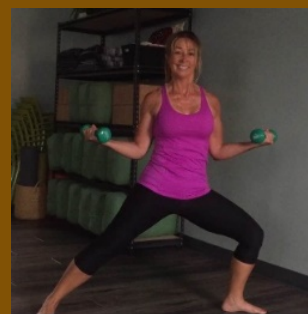




CERTIFIED PERSONAL TRAINERS

at IBH HEALTH CLUB

Kris Leslie



Ron Petoskey



PERSONAL TRAINING

REACH YOUR PERSONAL FITNESS
GOALS WORKING ONE ON ONE
WITH RON OR KRIS

Benefits of Personal Training



Maintain a healthy
weight range



Gain strength,
stamina, and flexibility



Improve cardiovascular
and musculoskeletal health



Optimize nutrition
and performance

SESSION RATES

	Half Hour	One Hour
Per Session	\$20	\$40
5 Pack	\$95	\$195
10 Pack	\$180	\$380



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