

Personal Training

with Cheryl Guthrie



ACE Certified Since 1991

Cheryl has worked in the health and fitness industry for over twenty years. She has a passion for helping people of all ages find joy through movement and healthy living.

- Weight Loss
- Strength Training
- TRX® Suspension Training
- Pilates
- Injury Prevention/Rehabilitation
- Balance Training



Personal Training Rates

1 hour \$50
3 hours \$130
5 hours \$200

Monthly Packages - Best Value!

Train 1 hr/week (4 sessions) **\$160/month**

OR Train 2x/week for 30 minutes (8 sessions) **\$200/month**

Team Training

Don't think you can afford personal training? With Team Training you can train for only \$25/hour. Simply sign up with a friend or significant other and double the fun and results of your training!

Contact Info:

425-308-5272

Invest in Your Health!