

PERSONAL FITNESS TRAINING

THE HILL FITNESS and WELLNESS CENTER

Individualized assessments

*Individualized exercise and
conditioning programs*

Weight management

*Nutritional
recommendations*

*Suggestions in lifestyle
modifications*

COST

1 session	\$45.00
6 sessions	\$250.00
10 sessions	\$400.00

*Work out with a
friend and save!*

*Let me help you achieve your health,
fitness, and performance goals!*



Mac McCurdy

NASM Certified Personal Fitness Trainer

For an appointment, call:

(801) 721-5832

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