



W/JARED

PERSONAL TRAINING

GET STRONGER, LEANER, HEALTHIER



**FITOUR CERTIFIED
OVER 4 YEARS EXPERIENCE**

- Free fitness assessment
- 1 on 1 training
- Customized training



	1 session	10 Sessions
Members	\$30	\$250
Non-Members	\$35	\$300

WWW.BEECHRECREATION.ORG
828-387-3003