

# Personal Training Special with Stephanie Reed, CPT AFFA



Have you always wanted to  
hire a personal trainer?  
Now for a limited time..

**3 FULL HOUR  
SESSIONS FOR  
ONLY \$99**

\*\* Offer only valid for new clients and limited to the first 3 sessions.

## Reasons to hire me:

### Motivation

One of the main reasons people benefit from a personal trainer is that they lose motivation to stick with a consistent exercise program. I can provide structure and accountability, and help you develop a lifestyle that encourages health.

### Learn how to go at it alone

If you ultimately want to learn all the facets of designing your own routines so you don't need to use a personal trainer, going for a few months may be all you need. I will teach you the basics of building and modifying a fitness program to achieve maximum results.

### Lose Weight

There is a good reason that the number one reason people hire personal trainers is to lose weight and get into shape -- it works. If you made a resolution to lose the fat and build the muscle, I can keep you on track and help you realize that goal.

### Background:

- Muscle Endurance/Strength Training
- Circuit Training
- Abs/Core Strengthening
- Pre and Post Natal Training
- Athletic Training
- Supplement, Nutrition and Meal Planning

**D**on't miss out on this great offer. See an employee for further information or contact Stephanie at: [Stephanie@crankitupfitness.com](mailto:Stephanie@crankitupfitness.com)