

Need some Motivation to get started on the fitness road?

Terry's Personal Training Service is here to help you kick start your weight loss. Terry, as a personal trainer, is interested in helping the WHOLE you.

Now is the time to achieve the "Fit" body you want to achieve whether it is specifically core work or an entire toned physique.

Contact

Write:
P.O. Box 43141
Jacksonville, FL32203

Website:
www.abdominaltrainingwheels.com

Email:
abtrainingwheels@yahoo.com

Training Sessions*

Core Training Session 35.00
Includes Evaluation and Basic

Diet and Nutritional Program 150.00
Personalized and printed

Advance Training Program 45.00
Includes Core, Weight Training
and Muscle Toning

Team Up To Train 60.00
You and a partner/ friend
Core Training Session
Include Evaluation and Basic

Advance Training/ Partner 80.00
Core, Weight Training,
And Muscle Toning.

Payment Plan
Daily Rates 35.00

Weekly Rates	Based on 3 times a week
Core	105.00
Advance	135.00
Partnership Core	180.00
Advance Partnership	240.00

(*Rates are for local Jacksonville residents and are subject to change)

Information Form

First Name

Last Name

Address

Email Address

Website

Home Phone

Cell Phone

What are your personal fitness goals?

