

# personal TRAINING TEAM



60min/private: 1x\$45 | 5x\$200 | 10x\$350 | 20x\$580

60min/semiprivate: 5x\$300 | 10x\$530 | 20x\$980

45min: 5x\$190 | 10x\$300 | 20x\$500

30min: 5x\$180 | 10x\$280 | 20x\$460

The above are trainers with the NRH Centre;  
their schedules are full at this time and they are taking a waitlist for clients.  
Glenn 904.545.4164 | Nancy 817.312.7904 | Taryn 817.903.4504

## **Berny 817-875-7550 bks gym777@gmail.com**

"Following a traumatic injury and overcoming physical/emotional challenges, I found my ability/passion to help others do the same; I became a personal trainer in 1998. At age 12, I fell through a glass door, was temporarily wheelchair-bound and on crutches. Eight years after surgery, I was in a leg brace for two years; many years later I joined a gym, discovered powerlifting and joined the US Air Force Powerlifting Team in Europe as a civilian. I placed 1st-3rd several times and 2nd in the 1995 Dutch Nationals. My philosophy: **Mind, body, spirit, they all work together; change your mind and you can change your body! (#SmarterNotHarder)**. During recovery, I had to be very body-aware and learned highly effective ways of **stretching**, which helped me help others with their **chronic pains and mobility** (frozen shoulder, knee/hip joints and back issues (sciatica) and much more". **Strength, muscle building, weight loss, flexibility, form, powerlifting, improving athletic performance; clients who want to learn.** Certifications: Cooper Institute Physical Fitness Specialist, NASM Certified Personal Trainer, NASM Weight Loss Specialist, NASM Corrective Exercise Specialist, NASM Certified Nutrition Coach, TRX certified TRX Instructor, Hypervolt Certified, currently working on a BS, Exercise Science/UTA.

## **Cynthia 479.935.5927 cyntwagn@gmail.com**

Cynthia's passion for health began at 21 years of age when she was introduced to the whole health philosophy; she utilized the information to teach many young pregnant mothers how to feed their body properly to ensure a successful natural childbirth. As she continued to help people with their everyday health needs, she decided to become certified as a **personal trainer, health coach and sports nutritionist**. She is currently a Certified Personal Trainer through the National Council on Strength and Fitness. Cynthia is skilled in all modalities of the workout such as **HITT, kettlebells, cables, free weights, integrated core stability and metabolic workouts**. Cynthia's training style sculpts a very individualized program to each client's needs. Outside of the gym Cynthia leads hikes, biking adventures/outings.

## **Joy 832.875.4569 joyful12@yahoo.com**

When Joy was a student at Oral Roberts University, she found out that health, nutrition, and exercise were not only necessary for a good quality of life but also fun and fulfilling. She delights in equipping her clients to feel confident in their workout by teaching and demonstrating foundational knowledge of **safe and proper form** as an integral part of the workout. Using various training methods, the areas of focus include increasing **core stability, flexibility, muscular endurance and strength and nutrition**; including those with **physical limitations/challenges**. Besides working out, she likes to read, write and volunteer at church. Certified Personal Trainer (NASM) Senior Fitness Specialist (SFS) Special Needs Specialist (SNS).

## **Mike 817.538.8012 mikcurtis0@gmail.com**

Are you interested in becoming **more active**? I am a National Board Certified Health and Fitness Coach, National Board Certified Personal Trainer and a Certified Behavior Change Specialist through the American Council on Exercise (ACE). As a **Health Coach**, I am here to inspire you to maximize your potential with your Health, Fitness and/or Lifestyle Behaviors. This could include helping you to **improve your Nutritional Habits, Physical Activity, Sleep Habits and Stress Management**. As a **Personal Trainer**, I'll create a personalized workout for each client. I'm here to teach you proper form and execution of the exercises that will improve **strength, endurance and balance** to **achieve your physical fitness goals**. "Let's Get Moving!"