

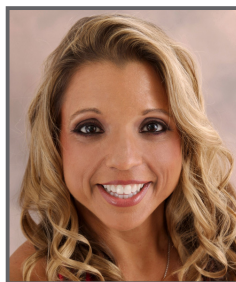


In your **HOME, GYM**
or **OUTDOORS...**

Michele *the* Trainer

- **Personal Training**
Total Body Fitness
(Cardiovascular + Strength)
Interval Training
Abs/Arms/Gluteus
- **Post Injury + Post Rehab**
Post Physical Therapy
- **Nutrition + Weight Loss Coaching**
- **Private Yoga Instruction**
Sun Salutations
Gentle + Hatha + Restorative
Hip Openers & Stretches

Michele The Trainer



Certified Personal Trainer
Fitness / Healthy Lifestyle / Weight Loss
Nutrition & Delicious Food Professional
American Heart Association (CPR + AED)
Fully Insured

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www.michelethespeaker.com

**Please call for a
Free Consultation!**

www.michelethetrainer.com