

TRAIN FOR YOU IN FEBRUARY!

Brought to you by Fit In The City Interactive

We believe in you and have a sweetheart of a training special!

Complimentary training sessions for those who contact Carrie for specified training times. Let her show you how working with a personal trainer can make your fitness and wellness goals easier.

Sessions will fill up quickly so call today!

712-314-4959



Carrie is a compassionate trainer who enjoys helping others in developing and maintaining a fit and healthy lifestyle. Her focus is to provide you with fun, fast paced workouts coupled with nutritional education and inspiration. These are the tools to changing your body; you need ALL three to achieve a transformation! With her dedication to you, you can lose fat, increase endurance & become more defined.

**Contact Carrie at
712-314-4959**

to book your free session!

Where is the Training?

ConAgra World Comm.

What Time?

3 to 4 pm

What Days?

Thursdays

***Training is by appointment only.**



*Internal Marketing and
Program Coordinator,
Fit In The City*

Certified Personal Trainer

AASDN Nutrition Specialist

Avid Off Road Runner

Extreme Fitness Enthusiast

www.fitinthecity.com

