

TRAIN FOR YOU IN FEBRUARY!

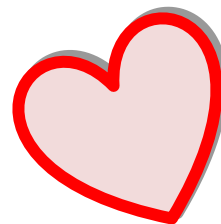
Brought to you by Fit In The City Interactive

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

Complimentary training sessions for those who contact Sonja 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!

402-980-7321



Sonja Walker specializes in Senior Fitness but can provide workouts for all ages. I am what they call a "Hybrid Fitness Professional". I can design a workout from a boot camp style to a relaxing yoga sequence all for you! I focus on teaching proper form and alignment from the novice to the advanced exerciser. My passion is to help people achieve their goals and live a healthy lifestyle.

**Contact Sonja at
402-980-7321**

to book your free session!

Where is the Training?

Bellevue Lied Activity Center

What Time?

10-11am, 11-Noon Mondays

What Time/ Days?

1-2pm-Wednesdays

***Training is by appointment only.**

www.fitinthecity.com

