

TRAIN FOR YOU IN FEBRUARY!

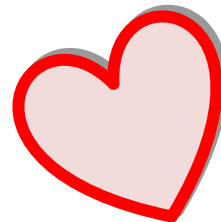
Brought to you by Fit In The City Interactive

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

Complimentary training sessions for those who contact Renee 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!

402-740-3282



Renee Hardester specializes in early morning programs for clients who want to tone, tighten and alter their current weight. Her focus is to improve your body shape, to mentally motivate you and to provide you with the proper training tools for positive change. She understands her clients, trains with enthusiasm and is fun to be around.

**Contact Renee at
402-740-3282**

to book your free session!

Where is the Training?

Conagra bldg 6

What Time?

7 to 8am

What Days?

Mondays & Friday

***Training is by appointment only.**

CEO of Fit In The City
Avid Runner
Boot Camp Instructor
Certified Personal Trainer
Nutrition Specialist
Tri -Athlete

www.fitinthecity.com

