

CARTHAGE FAMILY *Fitness*

***Fitness opportunities
for the whole family***

PERSONAL TRAINING

- **MEMBER FEE**
\$20 PER HOUR SESSION
\$180 FOR 10 SESSIONS
- **NON-MEMBER FEE**
\$30 PER HOUR SESSION
\$270 FOR 10 SESSIONS



ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER!

- **ATHLETE TRAINING**
- **BUILD MUSCLE**
- **LOSE WEIGHT**
- **GET IN SHAPE**
- **SUPPLEMENTATION ADVICE**
- **LIFESTYLE MANAGEMENT**

**Your Neighborhood Certified Personal
Trainer: Gera Gooding
CELL: 1-309-313-1262**