

0 interest 24 months After that 10%

Location **Louisiana**
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i want to exchange personal training services with an experienced dog groomer that can come to my home to groom at scottsdale road & mckellips or is in about a 5-mile radius if i have to drop them off and pick them back up. i can train you, and/or your significant other or anyone of your choice in your own home or in a gym. i train in the scottsdale area, paradise valley, tempe, ahwatukee, east/central phoenix and surrounding areas. you will see and feel a change in your body in just 4 weeks! i am a female personal trainer with over 18 years of full-time training experience and you can train in the comfort of your own home or in a gym. lose body fat, gain strength, get toned, increase your flexibility, improve your balance and get more energy!!! learn how to get yourself and your family in shape with proper techniques and stay in shape for the rest of your lives!! personal trainer & nutritionist. training both men & women from 13 to 90!! make sure you check trainer's certifications and to make sure they are legitimate - call the certification on the paper they sessions include one (1) hour of strength training with free weights and/or exercise machines, and before/after pictures--upper body & lower body strength testing--flexibility testing--body weight--body fat percentage--bone mass--body water hydration percentage--muscle mass re-tested every 6-8 weeks. core strengthening, stretching and balance is included as well and is beneficial for every person of any age. 8 years of experience training a colonel, major, several soldiers & state employees at arizona national guard. check my references out on angies list and yelp!! get a gift certificate for the best gift ever for only \$35-\$39, depending on location of client. if they hire me, you get a free session!! win-win!! keep in mind most people can get results in-home with simply using free weights

while others who have different goals, body-types and fitness levels may need the use of machines as well. Each person has a different protocol and technique. I will make sure to keep training personal with you. Now with your meal planning I will make your family meal go to the grocery store with you to let you know what to buy. I will be in the privacy of your own home. Equipment is not needed. Get an at home membership to a local gym in South Scottsdale. I will make sure to have everyone in the family certified (8 times over) * cpr/aed certified * insured * certificate of completion: competitive edge nutrition * certificate of achievement: exercise and arthritis * scottsdale community college: introductory nutrition * scottsdale community college: principles of human nutrition * scottsdale community college: introduction to exercise physiology * certificate of achievement: physical activity instruction of older adults * currently working on degree in recreational management credentials and references available make fitness fun and safe and have a blessed day!!

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company, which finances investors and rehabbers of primarily residential properties in and around the Delaware Valley. Its clients purchase distressed real estate, renovate the properties and either re-sell or rent them. The company has been in existence approximately 20 years.

Banks and Banks was founded by Franklin G. Banks in 1925. The firm is dedicated to providing reasonably priced representation. We emphasize continuous communication to and from our clients. We "It is our aim to serve our clients respectfully with compassion and good judgement. We strive to provide practical solutions that always emphasize our client's financial well being." -- David Banks

We Practice in

- Bank Workouts
- Debtor & creditor rights in foreclosures
- Collection
- Bankruptcy
- Real Estate purchases, sales and financing
- Commercial litigation
- Commercial lease litigation
- Mass tort litigation
- Business & financing
- Real Estate
- Foreclosure
- Commercial Law
- Domestic Relations
- Wills & Estates
- Personal Injury
- Civil Litigation
- Criminal law

Partners:

David Banks - Became a partner in 1989. He is a graduate of Temple University Law School, has lectured at local universities and high schools and has been a guest speaker on television. He has experience as a loan officer and was an Executive Vice President and R.E.O. officer of a Savings & Loan. His background in investing & finance enables him to understand the lender's point of view to the client's benefit in the collection and litigation work, which is a major part of the firm's activities.

Barton M. Banks - Became a partner over 40 years ago. He has a J.D. from Temple University and has been a speaker and lecturer on radio and television shows as well as at local colleges and universities, where he has lectured on real estate finance, collections, estate planning and administration, banking, and other law related topics. He is a former bank president and has operated several investment companies, both publicly and privately held.Hello. My name is cindy bryson, and i am a 20 year veteran teacher who offers english classes as a second language via skype to students in the united states and internationally. My qualifications are: bachelor's degree in special education--master's degree in reading/literacy and english ---certified in the following: teaching english as a second language--business

english-ielts/toefl preparation Classes are personalized and designed by me according to your english language goals. Each class is conducted one-on-one with me as your instructor. I do not employ teachers to assist me in order to keep the costs low for you, the student. **note: i do have one instructor on standby, however, if you prefer to have classes with a male teacher. ** Cindy's english workshop is currently online 7 days a week. It is important for me to be flexible and offer classes at times that are convenient for you. **no extra fee for weekend classes.** Services offered are: Basic esl (english as a second language)- (most popular class) this class includes many different areas of the english language such as basic grammar, vocabulary building, sentence structure, and reading. No two students' classes are the same because every cindy's english workshop class is specifically designed to your skill level and with your learning style in mind. Basic esl classes include homework and specific lessons plans from my personalized collection. *children's classes also offered.* Basic english conversation-what a great way to begin your english classes! Our basic conversation class is a time to speak with me, a native american english speaker, about a specific topic or about your everyday life. We speak via skype in the comfort of your own home. This is a very relaxed setting, and a great way to build your confidence. This is the second most popular course. It is also a confidence builder if you want to be able to make small talk with foreign colleagues or friends in a social setting. *children's classes also offered.* Business english- (for corporate professionals with intermediate or advanced skills) are you looking to earn that promotion you deserve? Do you often feel uncomfortable when giving a presentation to native english speakers? Does small talk at lunch with your colleagues make you uncomfortable? If so, this class is for you. I can help you with specific business terminology related to your field, or practice using general business vocabulary that you hear everyday but are always hesitant about using yourself. Communication in the international business world is key. Allow me to help you gain the confidence and knowledge you need to succeed. Accent reduction- would you like to sound more like a native english speaker? Do you find yourself often getting frustrated by being asked to repeat yourself in conversations? I have specific steps and techniques that will help reduce your accent thus raising your confidence level. (accent reduction also included in the basic esl class) English exam preparation- i am cambridge certified to teach ielts and toefl prep courses for students who want to study or work where english is the language of communication. Preparation is crucial to earning the high band score required. Equipping you with specific testing strategies and skills have proven results with my students, and i am here to offer you the same high level of prep it takes to achieve your desired score. Interview preparation- do you have an important interview for a job you have always dreamed of? Walking into an interview without intense preparation almost guarantees you will not be hired. I have Contact me today for your free demo/evaluation. Visit my website: www.Cindysenglishworkshop.Com and click "contact"